Making wise food choices can help you stay healthy. Best choices include:

- vegetables and fruits with deeply colored interiors
- whole grain and fortified breads, whole grain cereals and brown rice
- low-fat and non-fat dairy products such as yogurt and cottage cheese
- beans, nuts, fish, poultry, lean meat and eggs
- liquid vegetable oils and soft spreads
- spices and herbs to replace salt

Also, remember to get plenty of fluids, especially in hot weather, and get regular physical activity to keep at your best.