

# Nutrition Facts Everyone Can Agree On

Here are some nutrition facts that everyone can agree on that you should keep in mind when working towards your health goals:

1. Water is the most hydrating beverage – choosing water as a beverage instead of pop, juice or energy drinks is the best option for hydration. Pop, juice and energy drinks may contain large amounts of sugar and caffeine which can dehydrate you throughout the day.
2. Unprocessed food is the healthiest – try to incorporate foods that are fresh, nutritious and delicious into your diet in replacement of packaged foods with high sugar and salt content. Some examples of these unprocessed foods are meat, vegetables, fish, fruit, whole grains, nuts and seeds.
3. There is no perfect diet for everyone – focus on incorporating healthy foods into your diet that make YOU feel your best instead of adopting one specific diet. Everyone's bodies are different so a one-size-fits-all approach does not apply here.
4. Avoid added sugars when you can – many packaged foods contain added sugars that can negatively impact your overall health. Eating fresh, whole foods is a great way to reduce your sugar intake and reading nutrition labels to identify added sugars is another helpful strategy.
5. Eating vegetables will improve your health – both raw and cooked vegetables are a great source of vitamins and minerals, both of which contribute to your overall health. Add some vegetables to your snacks and meals today!



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