

**Water**



**Drink water instead of sugary drinks when you are thirsty! Just how much water do you need – that is easy! Just let thirst be your guide: water is an important nutrient for your body, but each person's needs for water are different. Drink more water if you are active, live or work in hot conditions, or are an older adult. Keep a re-usable bottle handy and refill with water all day long for an affordable, eco-friendly and healthy way to quench your thirst!**

**Oils and**  
**Good Fats**



Healthy oils and good fats are those that are “unsaturated,” and are found in healthy foods like extra virgin olive oil, avocados, nuts, and oily fish like salmon. These oils, with lots of antioxidants and vitamin E, are good for our bodies and help our heart be healthy. Plant-based foods that contain good fats, such as avocado and nuts, have lots of fiber, vitamin K, and folate – so be sure to include some healthy oils and good fats in your meal plan each day!