



Spice up your table with a healthy variety

Nutrient-rich habits keep meal-time interesting and make your body happy

Eating a variety of foods each day like colorful fruits and vegetables, whole grains, low-fat dairy, lean meats and legumes, loads you up with disease-fighting nutrients and helps keep your body working like it should. Another perk? You can continue eating your favorite foods in moderation when following good nutrition habits daily.

Quick tips

- Eat regularly
- Choose foods wisely
- Cook with low-fat ingredients
- Watch your portion sizes
- Enjoy treats occasionally
- Exercise every day

Just aim for a rainbow of foods on your plate. If the food is colorful and natural, it means your meal is healthy.

Source:
U.S. Department of Agriculture's Choose My Plate website: *Healthy Eating Tips* (accessed June 2014): choosemyplate.gov/healthy-eating-tips.html.

Visit empireblue.com to learn more about balanced nutrition and why eating a variety of foods can help you stay healthy.



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