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**LET'S EAT WELL  
TO LIVE WELL**  
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**HEALTHY EATING**

When you eat better, you feel better. You might be surprised how easy it is to introduce healthy eating habits into your life. All it takes is a few small changes and simple swaps to start building a healthier plate.



**Discover the magic of beans**

Eat more beans! They're jam-packed with fiber, low in calories, and help control blood sugar. They also lower your risk for heart disease and diabetes.



**Healthy with whole grains**

Go for whole grains, but beware of false advertising. The healthiest options will have the word "whole" at the beginning of the ingredient list.



**Snack smarter**

Keep cut-up veggies in a clear container in the fridge. Make sure they're front and center so it's easy to choose healthy when a snack attack strikes.

**Eat better**



Share your health goal with #RiseAndThrive.