



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.

Services covered under a Kaiser Permanente health plan are provided and/or arranged by Kaiser Permanente health plans: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232. Self-insured plans are administered by Kaiser Permanente Insurance Company, One Kaiser Plaza, Oakland, CA 94612.