

Healthy Eating

Benefits of Healthy Eating

Healthy Eating can be easy. A small change can have a big effect. Benefits of eating healthy include:

- look better
- lose weight
- feel better
- ..and more!

Getting Started

Getting started is as easy as changing your shopping list.

- Getting Started
- Eat a Rainbow
- 30 Ways to Add Fruits and Vegetables to Your Daily Meals
- Getting Your Preschooler to Eat Healthy

Eating healthy doesn't have to take extra time.

- Tasty Recipes for All Occasions
- Cooking and Food Substitutions
- Eating Out - Making Healthy Choices

Fruits and Veggies. Good Choice!

Social Marketing Campaign