



Group dynamics for healthier eating



The food choices you make every day affect your health—how you feel today, tomorrow, and in the future. You may be eating plenty of food, but not eating the right foods that give your body the nutrients you need to be healthy. Eating right isn't just a diet—it's the key to a healthy lifestyle.

The best way to give your body the balanced nutrition it needs is by eating a variety of nutrient-packed foods every day.

A healthy eating plan includes nutritious choices from all of the food groups and:

- Emphasizes fruits, vegetables, whole grains and fat-free or low-fat milk and milk products
- Is low in saturated fats, trans fats, cholesterol, salt (sodium) and added sugars
- Includes lean meats, poultry, fish, beans, eggs and nuts

Source: U.S. Department of Agriculture

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Are you making dynamic food choices? With healthful eating habits, you may help reduce your risk of many chronic diseases such as heart disease, diabetes, osteoporosis, and certain cancers, and increase your chances for a longer life. Take charge of your food choices with the Personal Health Manager's Eat Right resources—online nutrition support through Blue Access® for Members

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