

healthy choices



live well. be well.

# Eating Healthy

Eating healthy means following a healthy eating pattern that includes a variety of nutritious foods and drinks. It also means getting the number of calories that's right for you.



## Choose a mix of healthy foods:

Whole Fruits

Veggies

Whole Grain

Oils

Proteins

Low-Fat Dairy

Eating healthy, you can reduce your risk for :



- Heart Disease
- Type 2 Diabetes
- High Blood Pressure
- Some Types of Cancer

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