



healthy choices



live well. be well.

Nutrition

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium.

Start with these tips:

Focus on whole fruits

Include fruit at breakfast! Top whole-grain cereal with your favorite fruit, add berries to pancakes, or mix dried fruit into hot oatmeal.

Vary your veggies

Cook a variety of colorful veggies. Make extra vegetables and save some for later. Use them for a stew, soup, or a pasta dish.

Make half your grains whole grains

Add brown rice to your stir-fry dishes. Combine your favorite veggies and protein foods for a nutritious meal.

Move to low-fat or fat-free (or other) dairy milk or yogurt

Enjoy a yogurt parfait for breakfast made with low-fat dairy milk or fortified soy milk. Top with fruit and nuts to get in two more food groups.

Drink and eat less sodium, saturated fat, and added sugars

Cook at home more often to limit added sugars, saturated fat, and sodium. Read the ingredients lists and use Nutrition Facts labels to compare foods.

The benefits of healthy eating add up over time, bite by bite.



Dental Benefits

Through UFCW Local 655 Welfare Fund



Choosing an in-network Dental Provider
Saves you **MONEY**

Important Benefits Of Regular Dental Visits

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1. Prevent Future Issues
2. Save Your Teeth
3. Education On Proper Dental Hygiene
4. Help With Related Issues
5. Treat Bad Breath

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Visit www.655hw.org



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