



**LET'S EAT
WELL TO
LIVE WELL**



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.

Want more healthy and delicious ideas? Visit kp.org/nutrition or pinterest.com/kpthrive. 

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