Power up with some nutrient-rich habits.
Eating a variety of foods each day — colorful fruits and vegetables, whole grains, low-fat dairy and lean meats — loads you up with disease-fighting nutrients and helps keep your body working like it should. Best of all, you can eat your favorite foods if you remember to follow a healthy eating plan and make good nutrition a daily habit. That’s time well spent.

Eat regularly • Choose wisely • Prepare healthfully • Portion sensibly • Enjoy treats occasionally • Exercise daily

Visit bcbsha.com to learn more about balanced nutrition and why eating a variety of foods is vital to your good health and wellness.