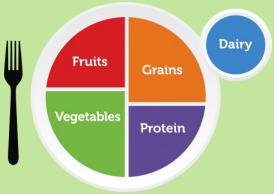
Eat Healthy Stay Healthy

Healthy eating habits will help to prevent and manage chronic diseases.



Build a healthy and balanced Diet. Eat a wide range of food groups to receive all the nutrients your body needs. Learn more at ChooseMyPlate.gov

Read nutrition labels on packaged foods and drinks to be mindful of your nutrient needs.

Drink plenty of water throughout the day to stay hydrated. You may not always feel thirsty when your body needs fluids.

Schedule your Annual Wellness Visit. It's a good time to ask your doctor questions you may have about nutrition and healthy eating habits.

Astrana Health