



FOOD IS MEDICINE



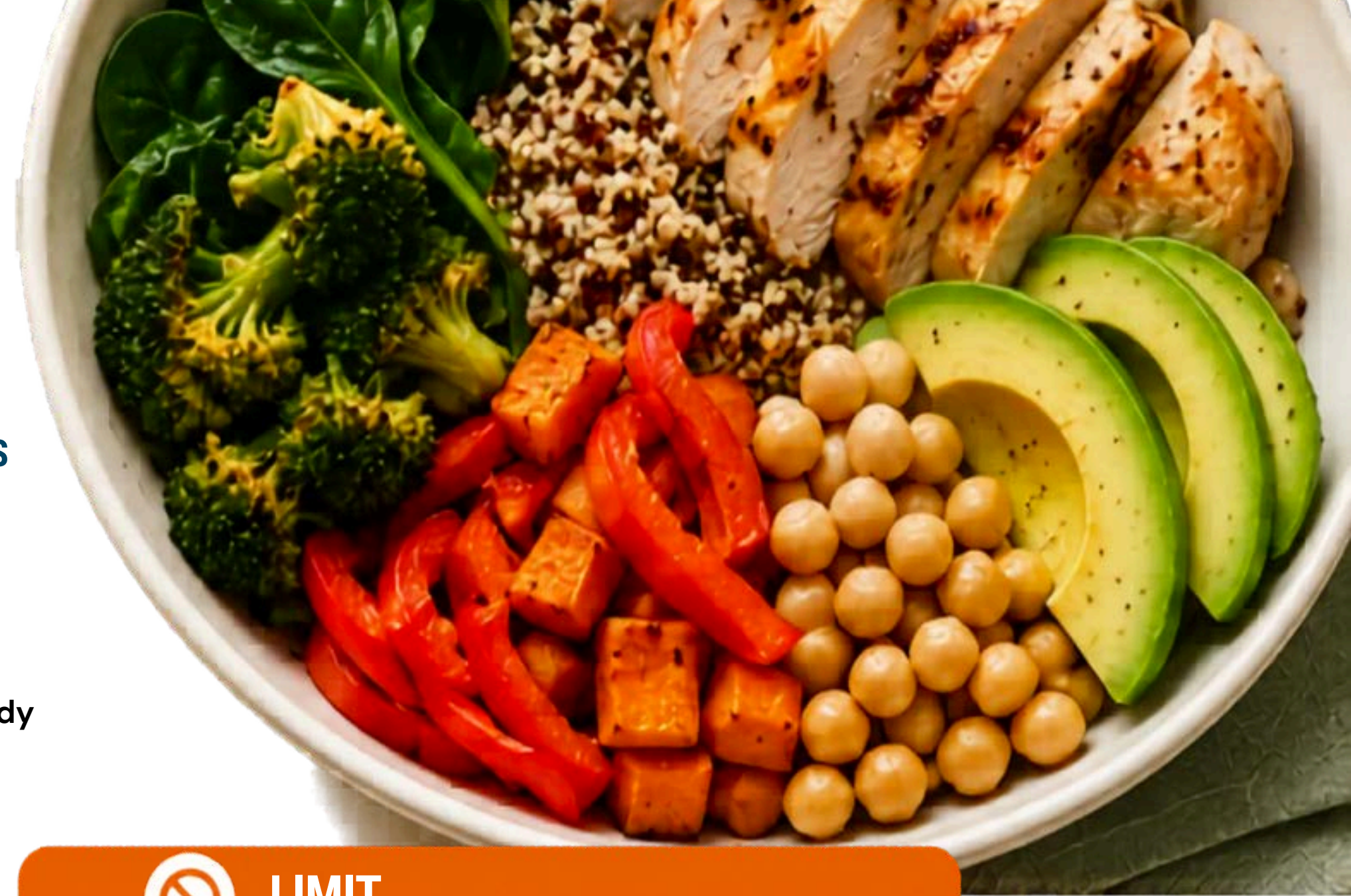
WHAT IT MEANS

Use food to support your health every day.



WHY IT MATTERS

- Improves energy.
- Supports digestion.
- Helps your body work better.



EAT MORE



- Fruits and vegetables.
- Whole grains.
- Beans and plant foods.
- Lean meat.



LIMIT

Processed foods – foods that have been changed from their natural form in some way before you eat them.

Too much salt – including adding salt to foods.



REMEMBER

You do not have to change everything at once.