



**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](https://kp.org/nutrition) or [pinterest.com/kpthrive](https://pinterest.com/kpthrive). 

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