



Moda Health offers free, one-on-one health coaching to help you get active and make other healthy lifestyle choices. Call 877-277-7281 or email careprograms@modahealth.com. TTY users, please call 711.

What's your best defense against heart disease, diabetes, obesity and certain cancers? A healthy diet! Find tips and recipes at fruitsandvegismatter.gov.



Do your part.
Eat smart!

Instructions:

- 1 Fold in half.
- 2 Fold on dotted lines at each end.
- 3 Tape at bottom.



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Fruits, veggies and whole grains put you on the fast track to health and lower your risk for serious conditions. Being healthy never tasted so delicious.



Eat your way to better health

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When you put healthy foods first, you'll lower your risk for serious health conditions. Try to stay away from foods high in saturated fats and sodium, like cold cuts and salty snacks.



Stop disease in its tracks

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