



3 simple ways to eat smarter

Overwhelmed by conflicting nutrition and diet advice? The truth is, eating healthy isn't hard – and you don't have to live on salads, buy expensive supplements, or swear off snacks forever. Small healthy changes can make a big difference over time.

Eat in season

In-season fruits and veggies are at peak flavor, nutrition, and supply. Seasonal eating is typically more affordable and sustainable – and makes it easy and delicious to get more fresh produce onto your plate.

DIY

Cook at home to be the master of your own healthy destiny. By controlling fat, sugar, and salt, home cooks tend to eat healthier than people who eat out more often – even when they're not trying to change their eating habits.

Expand your horizons

Healthy eating doesn't have to be bland. Experiment with herbs and spices for high-impact, low-calorie flavor. Or try nutritious twists on foods you love – like spaghetti with zucchini noodles, or taco lettuce wraps.

HUNGRY FOR MORE HEALTHY IDEAS?

Visit kp.org/foodforhealth and follow us [@kpthrive](https://twitter.com/kpthrive).



Services covered under a Kaiser Permanente health plan are provided and/or arranged by Kaiser Permanente health plans: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232 • Kaiser Foundation Health Plan of Washington or Kaiser Foundation Health Plan of Washington Options, Inc., 601 Union St., Suite 3100, Seattle, WA 98101 • Self-insured plans are administered by Kaiser Permanente Insurance Company, One Kaiser Plaza, Oakland, CA 94612



See how easy healthy eating can be

Overwhelmed by conflicting nutrition and diet advice? The truth is, eating healthy isn't hard – and you don't have to live on salads, buy expensive supplements, or swear off snacks forever. Small healthy changes can make a big difference over time.

Eat in season

In-season fruits and veggies are at peak flavor, nutrition, and supply. Seasonal eating is typically more affordable and sustainable – and makes it easy and delicious to get more fresh produce onto your plate.

DIY

Cook at home to be the master of your own healthy destiny. By controlling fat, sugar, and salt, home cooks tend to eat healthier than people who eat out more often – even when they're not trying to change their eating habits.

Expand your horizons

Healthy eating doesn't have to be bland. Experiment with herbs and spices for high-impact, low-calorie flavor. Or try nutritious twists on foods you love – like spaghetti with zucchini noodles, or taco lettuce wraps.

HUNGRY FOR MORE HEALTHY IDEAS?

Visit kp.org/foodforhealth and follow us @kpthrive.



Services covered under a Kaiser Permanente health plan are provided and/or arranged by Kaiser Permanente health plans: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232 • Kaiser Foundation Health Plan of Washington or Kaiser Foundation Health Plan of Washington Options, Inc., 601 Union St., Suite 3100, Seattle, WA 98101 • Self-insured plans are administered by Kaiser Permanente Insurance Company, One Kaiser Plaza, Oakland, CA 94612