



Ready to make some *DELICIOUS* changes you can live with?

- Create a colorful plate. Fill half with fruits and vegetables, the other half with lean protein and whole grains.
- Healthy doesn't have to be boring. Enjoy a wide variety of tasty food - salmon, avocados, blueberries, sweet potatoes, peppers, black beans, garlic, and dark chocolate - to name a few.
- Craving a snack? Skip the candy bar! Keep energy levels up with a combo of protein and carbs. Try a banana or apple slices smeared with a little nut butter. Toast a whole grain waffle and top with Greek yogurt and chunks of fruit.
- Stay hydrated with water instead of sugary drinks. Garnish with strawberries, raspberries, or lemon.
- Enjoy a satisfying breakfast full of protein, dairy, grains and fruit.
- Spend more time cooking at home. Turn on the music, connect with friends and family. Make mealtimes special.
- Let your healthcare provider know if you are trying to lower your health risks, and if you would like to set a weight loss goal.



If you have questions or would like more information, please call your Care Coordination team at [caremanagement@highcarehealth.com](mailto:caremanagement@highcarehealth.com).