



nourish your defenses

A balanced diet is one of the most powerful ways to safeguard your health.

Nutritious foods not only increase your energy and improve your mood but also can help prevent many health conditions. Choose fresh foods instead of processed foods, and try to get 6 to 10 servings of fruits and vegetables a day. Hungry for more? Nibble on these tips:

Be the restaurant.

By cooking at home, you get to control what goes into every meal – and what stays out.

Take baby bites.

Don't try to overhaul your eating habits overnight. Small, realistic goals are easier to meet.

Cheat a little.

If you need to, treat yourself to some sweets or comfort foods on occasion to keep from feeling deprived.

[learn more](#)

Visit kp.org/nutrition for more about healthy eating.

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