



## Healthy eating leads to better living

When you eat better, you feel better. But that's just the beginning. Introducing healthy eating habits now can also help you avoid potentially serious health issues down the road. Whether your goal is to feel good, manage your weight, or prevent health problems, now's the best time to get started.



### Feel good and live well

Healthy eating can help you feel your best, give you plenty of energy to tackle the day, and even help you manage stress better.



### Stay ahead of health problems

Research shows that eating 5 servings of fresh fruit and vegetables a day can help lower the risk of death and reduce the risk of heart disease, stroke, cancer, and more.



### Help avoid more serious issues

Over two-thirds of U.S. adults (and nearly one-third of children) are overweight or obese.<sup>1</sup> These physical conditions can pose a major risk if further health complications arise.



Ready to learn more about healthy eating?  
Scan the QR code or visit us at [kp.org/nutrition](http://kp.org/nutrition).

1. [policyadvice.net](http://policyadvice.net)

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