Frequently asked questions

Why should I eat fruits and vegetables?

Eating a variety of fruits and veggies is the foundation of a healthy diet. Here's a quick way to check if you're getting enough: Half of what you put on your plate should contain fruits and vegetables. Visit choosemyplate.gov to learn more.

How can a healthy diet help me?

A well-balanced diet gives your body the nutrients it needs. These nutrients help you stay at a healthy weight, give you energy, make you strong, and help different parts of your body work their best. A healthy diet can also lower your risk of serious health conditions, like diabetes, heart disease, obesity and some types of cancers. If you already have a chronic condition, eating healthy can help you manage your health and enjoy a higher quality of life.

What types of food should I eat?

A healthy diet is a varied one. Start by adding these foods to your meals and snacks:

> Fruits
> Vegetables
> Whole grains
> Lean meats and proteins
> Nonfat or low-fat dairy products

Stay away from foods that are high in sodium and saturated fats, as well as processed foods. Find delicious recipes and get tips for how to add more healthy foods to your diet at choosemyplate. gov and fruitsandveggiesmatter.gov.
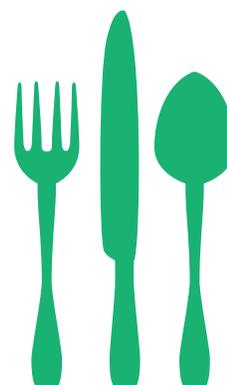
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HEALTH

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.