



A healthy variety
is the spice of life.

Power up with some nutrient-rich habits.

Eating a variety of foods each day – colorful fruits and vegetables, whole grains, low-fat dairy and lean meats – loads you up with disease-fighting nutrients and helps keep your body working like it should. Best of all, you can eat your favorite foods if you remember to follow a healthy eating plan and make good nutrition a daily habit. **That's time well spent.**

Eat regularly · Choose wisely · Prepare healthfully · Portion sensibly · Enjoy treats occasionally · Exercise daily

Visit anthem.com/ca to learn more about balanced nutrition and why eating a variety of foods is vital to your good health and wellness.

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