

• RESILIENCE THROUGH NUTRITION •

THE BENEFITS OF A HEALTHY DIET



FRUITS

Fruits provide essential nutrients to your body and support heart health. This can reduce stress, improve mood, and boost cognition.



VEGGIES

Healthy portions of veggies in your daily diet can improve quality of sleep, lift mood, and increase creativity.



DAIRY

Consumption of dairy products aid in proper bone health. Adequate intake can help you stay strong for day to day activities.



CARBOHYDRATES

Carbohydrates are the main source of your body's energy. Be your most active self and maintain a healthy intake of daily grains.



PROTEIN

Eating proteins help support muscle function and strength. Adequate intake can help you stay energized and strong for the day!



LOTS OF WATER

Being well-hydrated improves sleep, thinking, and mood. Water is essential for maintaining both physical and mental health!