Pack powerful foods into your day to feel your best.

Did you know that a healthy diet may help you avoid chronic diseases? Research shows that a diet rich in fruits, vegetables, whole grains, lean protein and non-fat dairy products may help prevent:

> Heart disease
> Diabetes
> Obesity
> Some cancers

For additional support, Moda Health offers tools and information to get well sooner and live well longer. Reach your dietary goals with the support of a nutrition expert. Get email answers to your questions about diet and weight loss, vitamins and minerals, chronic disease and foods for optimum health.

> ## March

Nutrition

For email access to a dietitian, log in to your myModa account and use eDoc today!*

To log on, go to modahealth.com and create an account.

♥ *get your health on*

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