



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.

♥ *get your health on*

➤ **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](http://modahealth.com) and create an account.

**moda**  
HEALTH