

# Live Like Your Life Depends On It.



Live Well  
MESSAGE ALLIANCE

“Eating healthy  
helps me feel a lot  
better about myself.”

[health.mo.gov](http://health.mo.gov)



***Eat Smart:***

Make healthy food choices. Eat more fruits, vegetables and whole grains; include fat-free or low-fat milk and milk products; choose lean meats, poultry, fish, beans and nuts; and eat foods low in saturated fats, trans fats, cholesterol, salt (sodium) and added sugars.

*Eating healthy works wonders in preventing chronic disease.*

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