

Live Like Your Life Depends On It.



“Eating healthy
makes me
feel better in
so many ways.”

health.mo.gov



Now that I make better food choices, I like the way I look. But eating healthy also means I'm avoiding obesity-related problems like heart disease and diabetes. So, my husband and I both enjoy lots of fresh fruits and vegetables, we watch our portions, and try to limit the fat. It's a simple change we both feel good about.

Eating smart helps you feel and look better so you live a longer, healthier life.

Visit health.mo.gov for more information.

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