



## Inspiring ways to eat smart

Overwhelmed by conflicting nutrition and diet advice? The truth is, eating healthy doesn't have to be hard – and you don't have to live on salad, buy expensive vitamins, or swear off snacking. Your own nutrition intuition can lead you in the right direction.

### Eat in season

In-season fruits and veggies are at peak flavor, nutrition, and supply. Seasonal eating is typically more affordable and sustainable – and makes it easy and delicious to get more fresh produce onto your plate.

### DIY

Instead of ordering in, try cooking at home. By controlling fat, sugar, and salt content, home cooks tend to eat healthier than people who eat out often – even when they're not trying to.

### Expand your horizons

Healthy eating doesn't have to be boring. Experiment with herbs and spices for high-impact, low-calorie flavor. Or try nutritious twists on foods you love – like zucchini spaghetti with meatballs, or taco lettuce wraps.

Visit [kp.org/foodforhealth](https://kp.org/foodforhealth).

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