

Informational posters about healthy food options

Healthy food choices
promoted at Eden Café in
headquarters





Add color! Eat a rainbow of foods for a balanced diet.

Fruits

Small changes can make a big difference



DID YOU KNOW?

Fruits are sources of many essential nutrients that many people do not get enough of, like potassium, dietary fiber, vitamin C and folate.



Add color! Eat a rainbow of foods for a balanced diet.

Vegetables

Small changes can make a big difference



DID YOU KNOW?

Vegetables are important sources of potassium. Diets rich in potassium can help maintain healthy blood pressure.



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Dairy

Small changes
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big difference



DID YOU KNOW?

Dairy is one of the main sources of calcium. Calcium is used in maintaining bone health as you grow older.

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Protein

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DID YOU KNOW?

Proteins are vital for health and maintenance of the body. Low-fat protein sources can be a helpful part of weight control.

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Whole grains

Small changes can make a big difference



DID YOU KNOW?

Whole grains are sources of selenium. Selenium protects cells from oxidation and is important for a healthy immune system.