EAT WELL HERE

Everything you eat and drink over time matters. The right mix can help you be healthier now and in the future.
DRINK WATER INSTEAD OF SUGARY DRINKS

• Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed.

• Coffee, tea, and flavored waters can be healthy choices, but watch out for extra calories from added sugar, flavorings, or cream.
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You make thousands of decisions every day. Luckily this choice is easy.
EAT WELL HERE

You need fuel. Choose wisely.