BlueCross BlueShield of Illinois

BlueResource^SM – Healthy Lifestyle – Eating Can Be Healthy

Your Body Has an Appetite for Good Food

You've heard the saying, "You are what you eat." Why does this matter? Because you want to be healthy and happy with energy to do the things you love, right? There are good reasons to nosh on fruits and vegetables, whole grains, low-fat dairy, lean proteins and good fats.

Give trouble a hard time. Make it harder for heart disease, high blood pressure, diabetes, cancer and a long list of other diseases to take hold of your body.

Tip the scales in your favor. Save yourself the physical and emotional hardships, chronic illnesses and higher risk for early death that may be caused by obesity.

Boost your energy, big time. Help your brain and body run at peak efficiency with nutritious meals and snacks that fight fatigue and help you sail through the day.

Feel better and look better. Improve your mood, reduce stress and fight wrinkles with foods that stabilize blood sugar, release feel-good chemicals in the brain and prevent damage to skin cells.

Fuel up on the healthy foods your body needs.

Enter Group Name Here
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