Awaken
YOUR TASTE BUDS

Savor the Flavor

Everything you eat and drink matters over time. Finding the right mix can help you maintain good health for a lifetime. Start with small changes to make healthier choices you can enjoy.

Are you ready to make changes in your lifestyle and move toward a healthier you? Here are some tips to get you started:

- **Eat more whole foods & less processed foods**
  Whole fruits and vegetables are great ways to add flavor and vitamins to your diet, and they taste great!

- **Develop mindful eating habits**
  Savor your food by eating more slowly. Appreciate the textures and flavors of various foods.

- **Make celebrations fun, healthy, and active**
  Create healthy food traditions and appreciate the social experiences food can add to our lives.

For more information, please visit [SummitHealth.org/HealthyEating](http://SummitHealth.org/HealthyEating)