

Employee Assistance Program

Healthy Eating Tips

Small, consistent changes in eating habits can bring about big health benefits over time.



This month, try to:

- Eat a variety of foods.
- Enjoy plenty of fruits and vegetables.
- Stick to moderate portions.
- Eat regularly...don't skip meals.
- Drink plenty of fluids, mostly water.
- Plan your meals, including snacks.
- Enjoy meals with your loved ones.

Gradual changes in your eating habits are easier to make than major changes all at once.

Remember, it's about balance and moderation.

Log on to www.eap.calhr.ca.gov or call today to learn more about healthy eating.



Employee Assistance Program
1-866-EAP-4SOC (1-866-327-4762)
TTY users should call 1-800-424-6117
Visit us online: www.eap.calhr.ca.gov



www.eap.calhr.ca.gov

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