

Eat Smart, Live Well.

What you eat can make a significant impact on your health. To feel your best and stay strong, refer to this chart to keep your diet packed with the right vitamins and nutrients.



HEART HEALTH



Colorful Fruits and Veggies



Leafy Greens

Olive Oil



Nuts & Seeds



Avocado



Beans

Whole Grains



BRAIN HEALTH



Eggs



Blueberries



Leafy Greens

Olive Oil



Nuts & Seeds



Avocado



Salmon & Tuna



Carrots

EYE HEALTH



Eggs



Leafy Greens



Pumpkin

Red Peppers



Nuts & Seeds



Sweet Potato



Salmon & Tuna



Carrots

BONE HEALTH



Milk



Leafy Greens

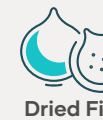


Yogurt

Cheese



Nuts & Seeds



Dried Figs

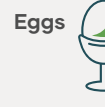


Plant-Based Milks

MUSCLE HEALTH



Peanut Butter



Eggs



Salmon & Tuna

Cheese



Lean Meat



Milk



Beans



Almonds

■ Vegan Friendly
 ■ Vegetarian Friendly
 ■ Contains Meat

Williamson Health is here to support you in your wellness journey.

Learn more about our nutrition and diabetes management programs at williamsonhealth.org/nutrition.