

TOP 5 NUTRITION FACTS



1 DRINK YOUR WATER!

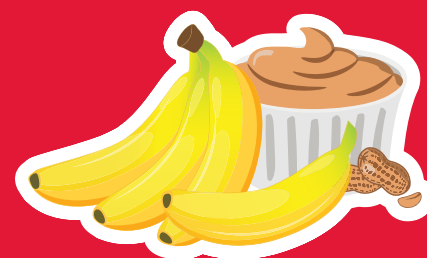
Your body is made of 60% water, so you need to replenish water to keep all your organs properly functioning. Water helps:

- ✓ flush out toxins
- ✓ regulate temperature
- ✓ aid in digestion
- ✓ helps nutrient absorption

2 BALANCE YOUR DIET!

A balanced diet supplies the nutrients your body needs to work effectively. Good examples of balanced snacks are:

- ✓ fruit and nut butters
- ✓ fruit parfait with Greek yogurt
- ✓ raw veggies, and hummus



3 EAT YOUR FRUITS AND VEGGIES!

People who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits and veggies are:

- ✓ naturally low in fat and calories
- ✓ provide nutrients vital for health and maintenance of your body

4 EAT YOUR GRAINS!

Even though many of us eat enough total grain foods, there's room for improvement on what types of grains we eat. Whole grains as part of a healthy diet may:

- ✓ support healthy digestion
- ✓ help with weight
- ✓ help release energy into your body



5 MAKE SURE YOU GET ENOUGH PROTEIN

Protein helps repair your body and stabilize glucose levels to help keep you fuller longer. It is also the building blocks for:

- ✓ bones
- ✓ muscles
- ✓ cartilage
- ✓ skin
- ✓ blood



**A HEALTHY DIET IS KEY TO A GREAT GAME!
CREATE THE RIGHT BALANCE FOR YOUR BODY
AND YOU'LL BE IN WINNING SHAPE!**

To learn more nutrition facts and health tips, visit <https://www.chiefs.com/wellness/>.

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