

EAT A VARIETY OF VEGETABLES

Brighten your plate with vegetables
that are red, orange, or dark green.
They are full of vitamins and minerals.



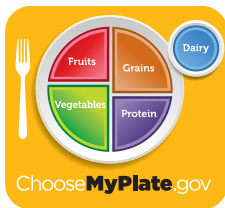
EAT BETTER. LIVE BETTER.

Wellness Wednesday

MYPLATE TIP

COLORFUL FRUITS AND VEGETABLES
PROVIDE US WITH BETA CAROTENE, WHICH
OUR BODIES TURN INTO VITAMIN A.

Vitamin A is important for good health,
especially for your eyes. People who
don't get enough vitamin A can have a
harder time seeing when it's dark—so
eat your carrots!



This message is brought to you by Live Better and our partner Lewis Produce.



Live Better is an Archbold Medical Center-led collaborative of key community leaders and partners focused on improving the overall health of citizens in Thomas County with a specific focus on reducing obesity.