



Nourish your life.

Eating healthier can be easier than you might think. Small, [simple changes](#) in what and how you eat can help you feel more lively and energetic. Here are a few healthy, delicious, and convenient ways to change your eating habits for the better:

- [Find a farmers' market near you.](#)*
- [Eat right, even when you're on the run.](#)
- [Set up a healthy eating plan.](#)

Get your kids involved too, with the [Incredible Adventures of the Amazing Food Detective game](#).

Visit kp.org/nutrition (en [español](#)) for more inspiration and information about eating healthy.

*Availability varies by region.

Kaiser Permanente health plans around the country:

Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Ohio • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305 (404) 261-2590 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Portland, OR 97232