

HEALTH TIPS

from Rosie Roo



Hi Friend,

Happy springtime! Do you notice all of the fresh spring colors? The flowers, the grass, and the skies are all bright and colorful. That's what healthy food looks like too!

Your body works best when you eat a [wide variety of healthy foods](#).

What does it mean to eat a wide variety of foods?

When we talk about food, we like to put all the different kinds into groups. It's important to try to eat something from *each* group for every meal.

What kinds of food groups are there to choose from?

- **Vegetables** – Veggies have many vitamins and [minerals](#) we need for good health. Vegetables can be eaten fresh, frozen, or canned. Try some broccoli, carrots, peas, corn, or cauliflower!
- **Fruits** – Fruits are usually sweet and have plenty of Vitamin C, potassium, and fiber. Fruit tastes best when it's fresh, but there are also frozen and canned options. Canned fruits are best in natural fruit juice instead of heavy or light syrup. Try some apples, bananas, oranges, or strawberries!
- **Grains** – We get a lot of our energy from this food group. The healthiest kinds of grains are called whole grains. Eating foods like oatmeal, brown rice, and wheat bread will keep you feeling full and happy all day!
- **Proteins** – These foods are very important to building and strengthening the [muscles](#) and tissues inside your body. They also have lots of important vitamins and minerals. A lot of protein foods are meats. Try some beef, poultry, seafood, or eggs. [If you don't eat meat, there are lots of other options in this food group.](#) Try some nuts, beans, tofu, or veggie burgers.
- **Dairy** – This food group is where your body gets calcium and Vitamin D for strong [bones](#) and teeth. Try some yogurt, cheese, milk, or soy milk!

Too much food from just one or two of the food groups for each meal is not always healthy. Mix it up! Remember that healthy meals are colorful meals.



ASK (About Special Kids)

MHS is proud to have About Special Kids (ASK) as our partner in the Healthy Kids Club. ASK works to help children with special needs live better lives. They help families that have a child with special needs find services and people that can help them. Call ASK at 1-800-964-4746.



[Find a Provider](#) | [Member Login](#) | [Member Benefits](#)

Thank you for making MHS your choice for better healthcare.

You are an MHS member and that is why we send you information. MHS handles your health coverage benefits through your enrollment with Hoosier Healthwise, Healthy Indiana Plan, or Hoosier Care Connect. MHS complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

MHS cumple con las leyes de derechos civiles federales aplicables y no discrimina basándose en la raza, color, origen nacional, edad, discapacidad, o sexo.

Si usted, o alguien a quien está ayudando, tiene preguntas acerca de MHS, tiene derecho a obtener ayuda e información en su idioma sin costo alguno. Para hablar con un intérprete, llame al 1-877-647-4848 (TTY/TDD 1-800-743-3333).

如果您，或是您正在協助的對象，有關於 MHS 方面的問題，您有權利免費以您的母語得到幫助和訊息。如果要與一位翻譯員講話，請撥電話 1-877-647-4848 (TTY/TDD 1-800-743-3333)。

0119.MA.M.ET 2/19

This email was sent by: MHS
550 N Meridian St #101, Indianapolis, IN, 46204, USA

[Privacy Policy](#)

[Update Profile](#) [Manage Subscriptions](#) [Unsubscribe](#)