# FOCUS ON FOOD

Daily food choices can make a huge difference in your overall health. A well-balanced diet can help reduce your risk for chronic disease and improve your mood. Eat at least five servings of vegetables and fruits every day. And limit foods that are high in saturated fats, added sugars, and sodium. You'll start to notice that when you eat better, you feel better.

**LEARN MORE ABOUT HEALTHY FOOD CHOICES AT HEALTHYDELAWARE.ORG/WORKPLACE.**

## WORK FOR WELLNESS

*DELAWARE HEALTH AND SOCIAL SERVICES*
Division of Public Health
Health Promotion and Disease Prevention Section