

# Get More Bang for Your Buck with Healthy Foods

## Foods full of nutrients

Healthy foods give our body energy and nutrients



Fruits



Unsalted Nuts



Whole Grains



Eggs



Vegetables



Seafood



**Nutrition helps us fuel our bodies and get the most out of our lives**



SCAN TO READ **GET MORE BANG FOR YOUR BUCK WITH HEALTHY FOODS**

Kristen Johnson, Assistant Professor and Nutrition Specialist; et al.



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