

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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