



savor
-the-
FLAVORS
of
HEALTH

You are what you eat! If you want to be healthy, eat healthy. Like all power couples, these healthy foods are even better together. Try these combinations for a nutritional one-two punch.

Seize the days and eat well

Yogurt + bananas

Probiotics in yogurt need to eat, too. Probiotics thrive on prebiotics like the ones in bananas.

Tomatoes + avocados

The healthy fat in avocados helps your body absorb more of the lycopene in tomatoes. Guacamole, anyone?

Spinach + lemon

The vitamin C in lemon helps your body absorb more of the iron found in spinach.

EXPLORE MORE TASTY TOPICS

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