



You are what you eat! If you want to be healthy, eat healthy. Fill up on fresh veggies and fruits. Get as many colors onto your plate as you can. Give your body the fuel it needs to thrive, and you'll feel better, look better, and live better.

## Seize the days and eat well

Like all great power couples, these healthy foods are even better together. Try these combinations for a nutritional one-two punch.

### 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 at [kp.org/nutrition](http://kp.org/nutrition).

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