

A black bear is shown in a forest setting, eating a green leaf. The bear has dark, shaggy fur and a lighter-colored snout. It is positioned in the center-right of the frame, looking towards the camera. The background consists of a tree trunk and dense green foliage. The foreground shows a light-colored rock.

RBH Staff Photo - Wyoming

Eat well.

RBH CollectCards™

You can't eat healthy if you don't shop healthy.

With limited time, it may seem easier to make spontaneous purchases or just grab fast food. But planning ahead saves time, reduces stress, and makes meals healthier.

SHOP SMART: Take the time to shop smart, and eating healthy will come naturally.

- Eat a filling meal before grocery shopping.
- Make a shopping list and stick to it.
- Read labels and know what's off limits, like hydrogenated oils and corn syrup.
- Pick a variety of fresh fruits and vegetables, but only as much as you can eat in a week. (Fresh is better than frozen: frozen's better than canned).
- Be choosy about proteins: select lean red meat and heart-healthy fish, fowl, tofu, and beans.



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