# What’s on your plate?

Fuel your body with the right foods so you have the energy you need to succeed. Whether you want to lose weight, eat better or cut out sugar, nutrition-based activities like Choose to Lose, Go for Fruits and Veggies, and Sugar Smart can get you eating healthy in no time.

You don’t have to navigate nutrition on your own.

Take your health assessment to access the activities and more at **healthpartners.com/wellbeing** or using the myHP app.