

Helpful links for healthy cooking and better eating

Healthy eating resources

There are many reasons to eat well. Healthy eating habits can give you more energy, a sharper mind and faster healing times. The resources below were created to make eating well easier — to help you find healthy dishes that taste good and are easy to make.

All of the links below will take you away from the HealthPartners Medicare website:

Resources for healthier eating

- PowerUp
- Choose My Plate
- Fruits and Veggies – More Matters
- HealthPartners Nutrition Blog
- American Heart Association – Healthy Eating
- American Heart Association – Mediterranean Diet
- DASH Diet
- Eat Right on a Budget
- Fare for All: Stretch your food dollars
- Hunger Solutions
- University of Minnesota Extension

Nutrition tools and healthy recipes

- PowerUp Recipes
- EatingWell
- The Vegetarian Resource Group
- MyFitness Pal
- Nutrition Facts Label