



SHOPPING LIST:

HEALTHY FOODS TO NOURISH YOUR WHOLE BODY



The Springs at Simpsonville encourages a healthy lifestyle!

Did you know that certain foods have nutrients that aid different parts of your body? Use this shopping list to see what foods can help support an overall healthier you!

HEART HEALTH

- Avocado
- Salmon
- Almonds

BONE HEALTH

- Low-Fat Milk
- Broccoli
- Canned Tuna

GUT HEALTH

- Yogurt
- whole-grain
- Mangos

BRAIN HEALTH

- walnuts
- Blueberries
- Leafy greens

EYE HEALTH

- Carrots
- Sweet Potatoes
- oranges

Once you have the foods to nourish your whole body, try these easy and healthy meal ideas!

BREAKFAST

Fresh blueberries with yogurt and orange slices

LUNCH

Tuna sandwich on whole-grain bread with almonds

DINNER

Grilled salmon with mango and avocado salsa

