

EATING RIGHT

Variety isn't just the spice of life; it's a key to healthy eating. Plan your meals from each of the food groups, and let moderation be your guide.

You can lower your risk of chronic disease simply by reducing unnecessary fats and sugars in your diet. Healthy foods give you the right kind of energy for exercise, and help you feel good throughout the day.



did you know?

So which Baldwin Hills animal has the eating habits you might most want to copy? Unlike a butterfly, you can't live by nectar alone. How about the Raccoon? This masked rascal not only follows the rule about variety, it also washes up before eating.

Cottontail Rabbit: leaves, grasses



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Raccoon: bird eggs, insects, fruit, mice



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Painted Lady Butterfly: nectar



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