

# Bridge the Gap Between Healthy and Tasty

**Discover delicious, healthy food choices with the support of a personal health coach.**

Your food choices influence your energy, sleep, and even mood but Omada® is here to help. With Omada, you can work one-on-one with your very own personal health coach to find meals that fit your lifestyle and health goals.



## Try out these 4 tasty tips:

- 1 Colorful Veggies**  
Fill up half of your plate with non-starchy veggies in a variety of colors.
- 2 Lean Protein**  
Pick good lean protein that can be enjoyed hot or cold, like cooked chicken, tuna, or tofu.
- 3 Healthy Fats**  
Healthy fats—like avocados, nuts and olive oil—help support our brain, heart, skin, reduce inflammation and can even help with weight loss.
- 4 A Bit of Fun**  
Add a bit of fun—like frozen yogurt covered blueberries or dark chocolate—to satisfy cravings and help you stay on track.

Join Omada to receive personalized help in reaching your nutrition and health goals.

→ **Apply today**  
[omadahealth.com/healthycounty](https://omadahealth.com/healthycounty)