Eat better together
Healthy eating for the whole family

Want to eat healthier but don’t know where to start?
Try making a few simple changes to you and your family’s lifestyle and mealtime routine. It may be easier, and more enjoyable, than you think!
Build better habits

Together, you and your family can create smarter habits that will help everyone eat and feel better.

Explore new tastes
People of all ages need opportunities to taste new foods. Try new fruits and veggies or cuisines from other cultures.

Snack smarter
Make sure to have easy-to-grab fruits and veggies available.

Try going meatless
Beans and veggies can add protein, fiber and other nutrients to a meal.

Plan your meals
This will help you stay organized, while also saving you time and money.

Buy healthy
Read nutrition labels when you shop. Choose items that are lower in unhealthy fats, calories and sodium. And avoid overly processed foods when you can.

Make mealtime fun
Get others involved in the kitchen. Ask for help or assign tasks while preparing meals. Make it healthy, fun and meaningful for everyone!

You can find plenty of ways to enjoy healthier meals with the family. Get started now!

Aetna is the brand name used for products and services provided by one or more of the Aetna group of companies, including Aetna Life Insurance Company and its affiliates (Aetna).

The information provided by Aetna® health and wellness programs is general in nature. It is not meant to replace the advice or care you get from your doctor or other health professional. If you have specific health care needs or would like more complete health information, please see your doctor or other health care provider. Refer to Aetna.com for more information about Aetna plans.