

Healthy eating resources

Helpful links for healthy cooking and better eating.

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](#)

HealthPartners is a health plan that contracts with both Medicare and the Minnesota Medical Assistance (Medicaid) program to provide benefits of both programs to enrollees. Enrollment in HealthPartners depends on contract renewal.

H2422_000597 DHS Approved 09/08/2020