



How to Beat the High Cost of Healthy Eating

You shouldn't have to choose between your bank account and your health. But all too often, Americans are feeling squeezed.

A recent survey of more than 2,000 people confirms it: 59% of respondents said cost was a major barrier to adopting healthy habits.

When it comes to eating well, there are some things—like the price of groceries—that you can't change. But understanding the challenges to buying and eating nutritious food is an important first step. That way, you can adopt strategies to overcome these obstacles and improve your own health and your family's while sticking within your budget.

[Read more...](#)

This Month's Webinar

Eat Your Way to Better Health

The food we eat has a bigger impact on our health than almost any other factor. Yet in today's environment of minimal time and super-sized portions, and with conflicting reports about what is and is not healthy, many of us struggle to get the nutrients we need to thrive. During this interactive session, we'll take the guesswork out of healthy eating and provide simple, sustainable strategies that can be incorporated into even the busiest lifestyles. Whatever your health-related goals might be, this session will empower you with resources and information to help you lead the longest and healthiest life possible.

[Log-in](#) any time this month to watch the webinar!