

METABOLIC CHANGE NOVEMBER 2021



Eat **NOW** for Health & Fitness!

Eating **NOW** supports a healthy lifestyle. It's eating foods that are:

Nutrient-Dense

For a link to the USDA's *MyPlate* website, click [here](#).

Oxygen-Friendly

For *Livestrong's* list of foods to eat for healthy oxygen levels, click [here](#).

Water-Rich

For *Healthline's* list of 19 Hydrating Foods, click [here](#).
