You hear it all the time — healthy eating is all about making better food choices. It's about picking healthier options, like whole grains, fruits, vegetables and low-fat dairy products. But often, there are just too many things to choose from.

Thinking about this can be overwhelming. It makes eating healthy seem hard. But it doesn't have to be. With planning and purposeful shopping, you can make it easier.

After all, eating well allows you to feel good, have more energy and improve your health. Who wouldn't want that?

Life can get busy. You may not enjoy cooking or have time to prepare a homemade meal. And that's okay. There are many options for snacks and foods that are convenient, easy to prepare and still plenty healthy. Give these a try when you're