

## Eat Well, Age Well.

### Nutrient Dense Foods

- **Dried Plums- Recipes and Tips**
- **National Soup Month- easy recipe**
- **National Pie Day, Jan. 23, nutrient dense tips.**
- **Sugar awareness month**



Photo courtesy of Pixabay.com



## Eat Well, Age Well.

### Nutrient Dense Foods

Learn about dried plums, ways to make soup and desserts more nutrient dense and more.

