

QUICK TIPS FOR HEALTHIER MEALS

Focus on adding fruits, vegetables, whole grains, and other nutrient-rich foods throughout the day.



BREAKFAST

- ✓ Add fruit to cereal, oatmeal, or yogurt
- ✓ Add spinach or tomatoes to eggs
- ✓ Choose low-fat milk or yogurt



LUNCH

- ✓ Fill wraps and sandwiches with vegetables
- ✓ Add a cup of vegetable soup
- ✓ Choose grilled chicken, beans, or hummus



DINNER

- ✓ Fill half your plate with vegetables
- ✓ Choose baked, roasted, or grilled proteins
- ✓ Try beans, lentils, or tofu a few times each week



SNACKS

- ✓ Keep fruit ready to grab and go
- ✓ Pair fruit or vegetables with protein
- ✓ Try nuts, yogurt, or nut butter



DESSERT

- ✓ Freeze leftover smoothies into popsicles
- ✓ Top whole-grain waffles with fruit
- ✓ Enjoy naturally sweet fruit more often



REMEMBER



Small changes throughout the day can help build healthy habits over time.