

Even When Times Change...



Nutritious Eating Doesn't Have To.

It's never too late to renew your commitment to healthy eating habits. Maintaining healthy eating habits through selections from the five food groups is important in living a long, healthy life. Daily intake of healthy meals has been linked to the prevention of common diseases such as high blood pressure, high cholesterol, and diabetes.

For more information on Nutrition, please visit: www.fruitsandveggiesmatter.gov

**This information is not meant as a substitute for personal medical advice. If you have a current medical condition, you should consult your health care professional.*





NO NEED FOR DIETS...



FILL UP ON HEALTHY NUTRIENTS.



You can still maintain a healthy weight without going hungry! Choose lean cuts of meat, fish, and skinless turkey and chicken for a low sodium, low calorie, satisfying meal!



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Select the Correct Option...

Correct Option



Wrong Option



Finding a Healthy Alternative is Just THAT EASY!

Maintain your daily calories through the selection of healthier alternatives. Craving a burger? Instead, try a delicious turkey burger with fresh toppings and sliced avocados for a nutritious, protein-filled meal.

Measure the nutrition in the foods that you eat daily, use the "analyzemyplate" tool by Centers for Disease Control and Prevention (CDC): www.fruitsandveggiesmatter.gov/activities/analyze_my_plate.html

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Who Said Healthy Nutrients Couldn't Be Fun?

You can't gain all your nutrients for a healthy body in a single food. Expand your taste buds through healthy eating especially in vegetables, whole grains and fruits. Eating less sodium, sugars, and high saturated fats can prevent lifestyle related diseases such as hypertension, pre-diabetic conditions, and high cholesterol.

Use the National Heart, Lung and Blood Institute's TLC Diet tool to create a daily meal plan that matches closely to your personal nutrition goals: www.nhlbi.nih.gov/cgi-bin/chd/step2intro.cgi

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