

SMALL SHIFTS

TOWARDS A HEALTHY EATING PATTERN

SHIFT TO **WHOLE GRAIN** bread,
pasta, rice, or wraps



SHIFT TO **WATER** or
UNSWEETENED tea
instead pop or sugar
sweetened beverages



SHIFT TO **LEAN**
PROTEINS including
white meat chicken,
lean beef and pork

choose **HEALTHY FOOD**
PREPARATION METHODS
like roasting, steam, or air
frying



include a **FRUIT** with you meals
like an apple, box of raisins, or
even 100% fruit juice



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Add a **VEGETABLE** to sandwiches, wraps, or as a side!



CHOOSE LOW FAT DAIRY with low fat milk, yogurt, and cheeses



VARY YOUR PROTEIN by including eggs, nuts, beans, and seeds



MAKE 1/2 YOUR PLATE FRUITS AND VEGETABLES this could include an apple and some baby carrots for lunch or a baked potato and bagged salad with dinner

