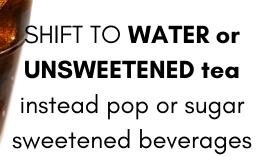
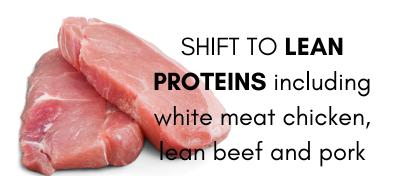
SMALL SHIFTS

TOWARDS A HEALTHY EATING PATTERN

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





choose **HEALTHY FOOD PREPARATION METHODS**

like roasting, steam, or air



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

SMALL SHIFTS

TOWARDS A HEALTHY EATING PATTERN

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





