

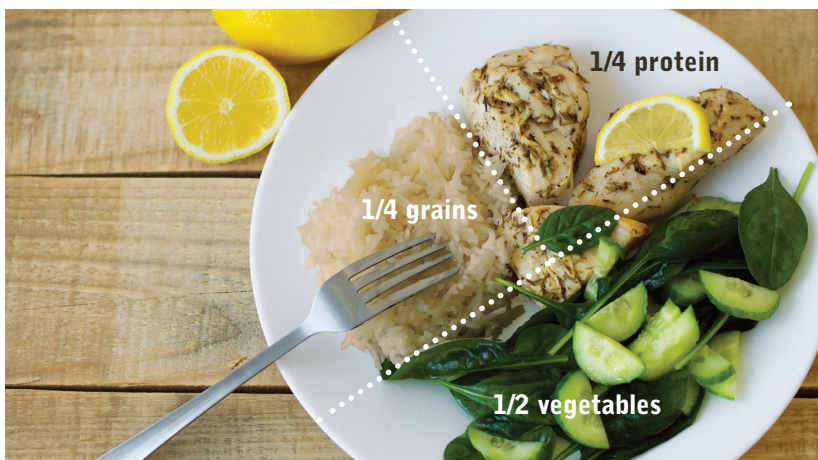


TIPS & TOOLS

## PLANNING HEALTHY MEALS

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- **Vegetables:** Choose brightly colored varieties that are packed with nutrients.
- **Protein:** 1/4 of your meal. Go for baked, broiled, or grilled, and avoid fried.
- **Grains:** 1/4 of your meal. Choose whole grains (oats, brown or wild rice, quinoa, etc.)



**GOOD FOOD,  
HEALTHY HOSPITALS**



## TIPS & TOOLS

# PORTION SIZE MATTERS

Did you know that portion sizes have increased? Read the label; there may be more than one serving in the package. That means you're getting more calories, sodium, saturated fat and added sugars than you realize.



Use nutrition labels to help you choose the most nutritious foods.



## GOOD FOOD, HEALTHY HOSPITALS

Transforming Pennsylvania's hospital food environment by bringing healthier options to thousands of employees, visitors, and patients every day.



*Made possible by funding from the Centers for Disease Control and Prevention and the Pennsylvania Department of Health.*