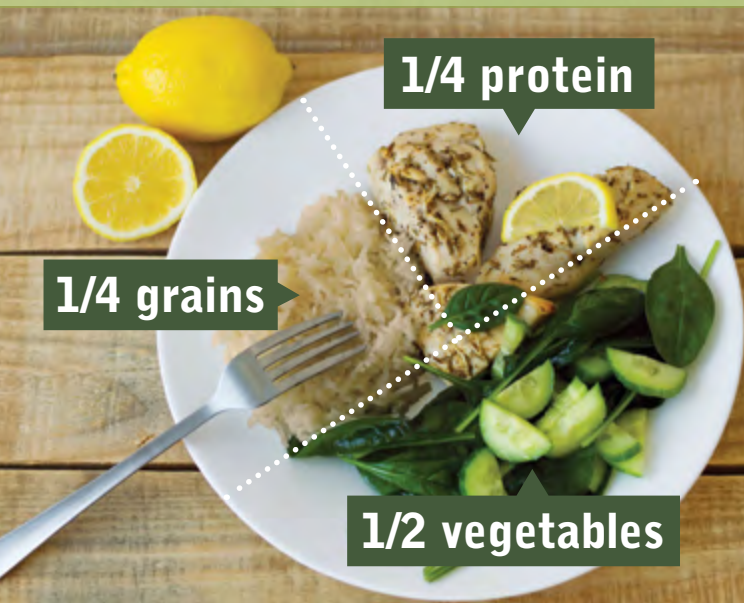




TIPS & TOOLS

PLANNING HEALTHY MEALS

- **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.)





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.



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