

March 2016 National NUTRITION MONTH®

nationalnutritionmonth.org

Ways to Enjoy More Fruits & Vegetables

- Grill colorful vegetable kabobs packed with green & red peppers
- Mix up a breakfast smoothie made with low-fat milk, frozen strawberries & a banana
- Add color to salads with baby carrots, spinach leaves or mandarin oranges

Eating Right for a Healthy Weight

- Eat at least three meals a day and plan your meals ahead of time
- Start your meal with low calorie foods like fruits, vegetables and salads
- Get a personalized eating plan. Learn how by visiting the website ChooseMyPlate.gov for a plan that will give you what you need daily

Start Eating Right with MyPlate

- Enjoy fruit with meals, as snacks or as a dessert
- Try adding fresh, frozen or canned vegetables to salads, sides and main dishes
- Look for whole grains listed first or second on the ingredients list - try oatmeal, popcorn, whole-grain bread and brown rice.

Savor the Flavor of Eating Right.



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