

Healthy Eating Tips

Drink water daily

- 1 ounce of water per 2lbs. of body weight

Eat whole grains

- Brown rice
- Quinoa
- Oatmeal
- Grits

Vary your fruits and vegetables

- Eat fruits and vegetables of every color
- Each color represents unique nutrients

Add more plant based protein

- Beans
- Nuts and/or nut butters (peanut, almond, cashew)
- Seeds (hemp, flax, chia, sunflower, sesame)
- Quinoa (complete protein)
- Tofu

Make half your plate vegetables and fruits

- ½ vegetables and fruits
- ¼ whole grains
- ¼ protein

Plant a garden

- Veggies taste so much better when you grow them yourself
- Save money and trips to the grocery store

