

THE DELICIOUSLY BALANCED PLATE

QUICK TIPS TO CREATE A NUTRITIOUS MEAL

Reach in the freezer

Frozen fruits and veggies are loaded with nutrients. They're often packaged when they're ripe and delicious.

Look for fruit or veggie blends to boost variety.

1/2
FRUITS &
VEGETABLES



1/4
LEAN
PROTEIN



Choose power proteins

Proteins are your body's building blocks. They're in every cell of your body, not just your muscles.

Look for lean proteins you can enjoy any time of day, like eggs and beans.

1/4
WHOLE
GRAIN



Grab ready-to-go grains

Many whole grains provide dietary fiber which can support a healthy heart and healthy digestion.

Look for grains you can enjoy in a jiffy like oats, corn tortillas and pre-cooked rice.