



Nutrition Awareness Month

Healthy dietary patterns can help us achieve and maintain good health and reduce the risk of chronic diseases

Vary your veggies

- Try a **stir-fry with vegetables** for a quick meal or easy side dish
- Make **soup from the veggies** in the vegetable drawer

Make half of grains whole grains

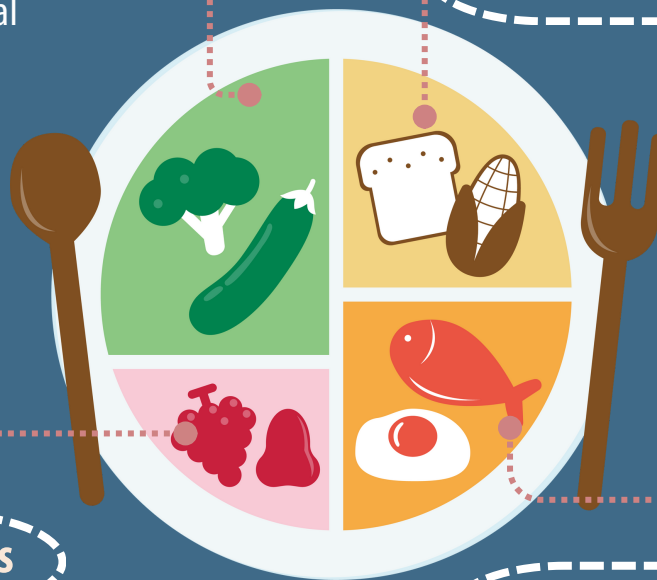
- Instead of sandwich bread, try **whole-grain sliced breads** or rolls
- Enjoy whole-grain crackers with turkey or avocado for a **healthy whole-grain snack**

Focus on whole fruits

- Start a day with **fruit at breakfast** Top cereal with seasonal fruit, or add bananas or chopped apples to pancakes
- Keep **ready-to-eat fruits** in the refrigerator

Vary your protein routine

- Broil **lean beef** cuts like sirloin or flank steak. Roast lean types of pork tenderloin and slice into strips for dinner, salads, and sandwiches
- Have **fish or seafood** twice a week



www.dietaryguidelines.gov

Got a health insurance question?
help@oneworldcover.com