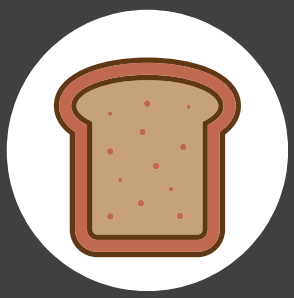
Create a Healthier Plate

National Nutrition Month

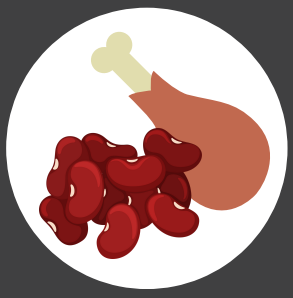
Vegetables

Vary your vegetables. Try dishes such as grilled asparagus or roasted red bell peppers.



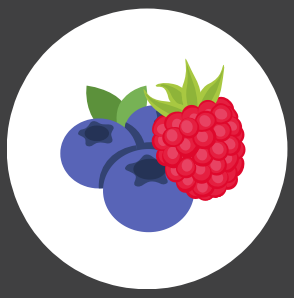
Whole Grains

Eat more whole grains. Try a whole wheat burrito or brown rice with a chicken and bok choy stir fry.



Protein

Make healthier protein choices. Try roasted chicken, pinto beans and baked salmon!



Fruit

Enjoy more fruits by adding them to dishes! Put blueberries in cereal or raspberries in salad.

Dairy

If you are in the MOO-d for healthier dairy choices, learn about your dairy options!

Want more?

Check out recipes from Working for a Healthier Tennessee and MyPlate.gov!