

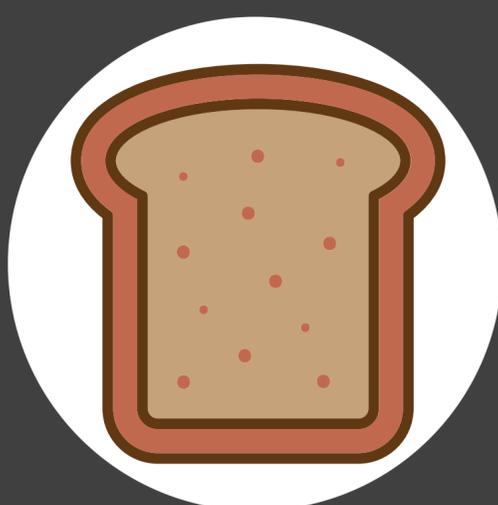
NATIONAL NUTRITION MONTH

# CREATE A healthier PLATE



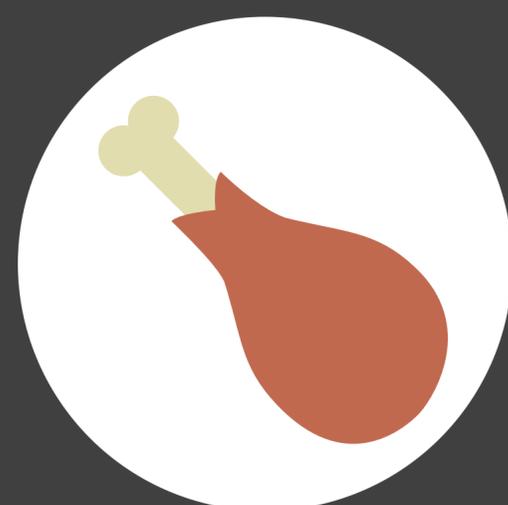
## vegetables

Enjoy your veggies in different ways! Try dishes such as *grilled asparagus*, and/or *roasted red bell peppers*. Click [HERE](#) to learn more about varying up your vegetables!



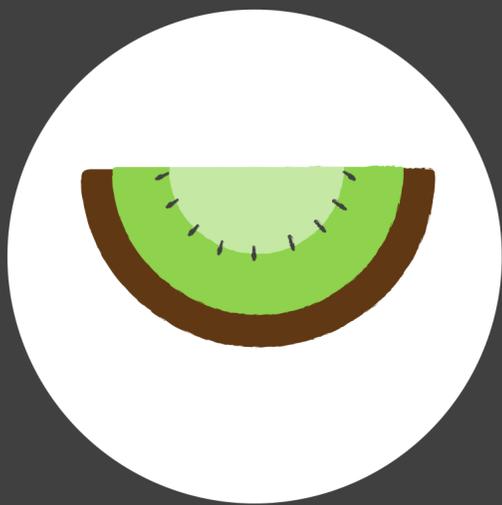
## whole grains

Trying to increase your whole grain intake? How about a *whole wheat burrito*? Enjoy some *brown rice* alongside a chicken and bok choy stir fry. Learn more [HERE](#)!



## protein

There are many ways to make healthier protein choices. *Roasted chicken*, *pinto beans* and *baked salmon* are just a few examples. Want to learn more? Click [HERE](#)!



## fruit

Enjoy more fruits by adding them to dishes! Add blueberries to your cereal and/or raspberries to your salad. Click [HERE](#) to learn more about the benefits of fruits!



## dairy

If you are in the MOO-d for some healthier dairy choices, click [HERE](#) to learn more!



## want more?

Check out Working for a Healthier Tennessee's list of healthier recipes [HERE](#)!