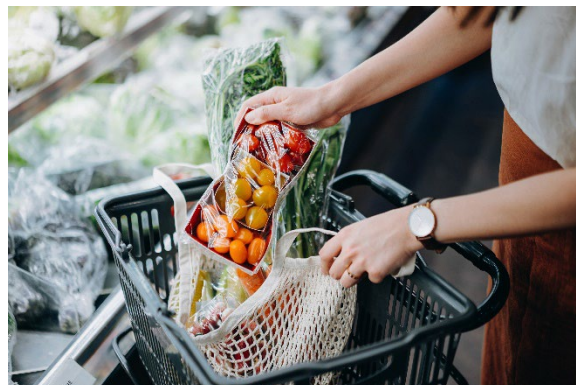


## Healthy Eating Tips and Resources

### Create a Healthier Plate

- Vary your [vegetables](#). Try dishes such as grilled asparagus or roasted red bell peppers.
- Enjoy more [fruits](#) by adding them to dishes! Put blueberries in cereal or raspberries in salad.
- Eat more [whole grains](#). Try a whole wheat burrito or brown rice with a chicken and bok choy stir fry.
- Make healthier [protein](#) choices. Try roasted chicken, pinto beans and baked salmon.
- If you are in the mood for healthier [dairy](#) choices, learn about your dairy options.
- Check out [recipes from Working for a Healthier Tennessee](#).



### Eat Healthy on a Budget

- [Plan](#).
- Compare similar products.
- Grow your own herbs.
- Buy in bulk.
- Look for on-sale produce.
- [Learn more about healthy eating on a budget](#).

### Grocery Shopping Tips

- Plan your weekly meals.
- Remember the basics.
- Keep organized to buy only the items you need.
- Look for savings.
- Read labels.
- [Learn more about grocery shopping](#).