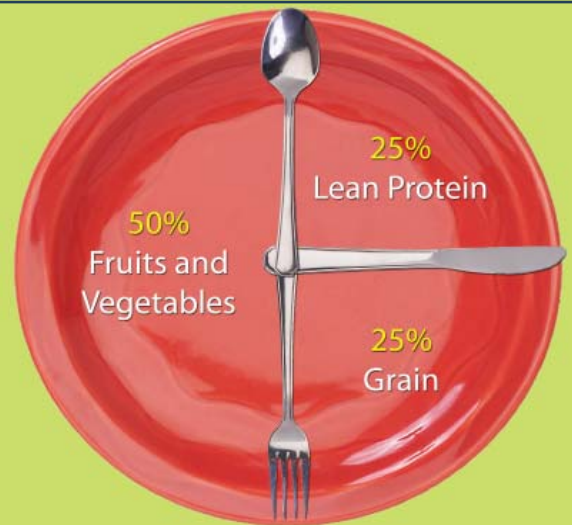


SMART EATING CHOICE

Fresh, whole, lean ingredients; minimal processing.

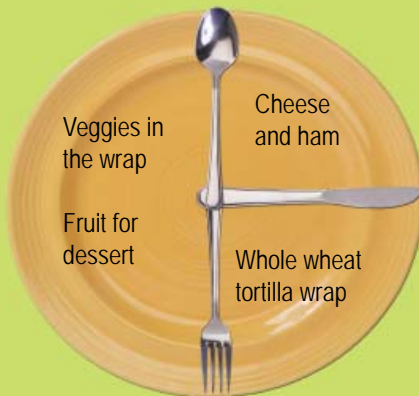
Portion size appropriate and 50% vegetables and fruit, 25% lean protein, 25% grain

Balance with low-fat dairy/calcium; healthy fat options.

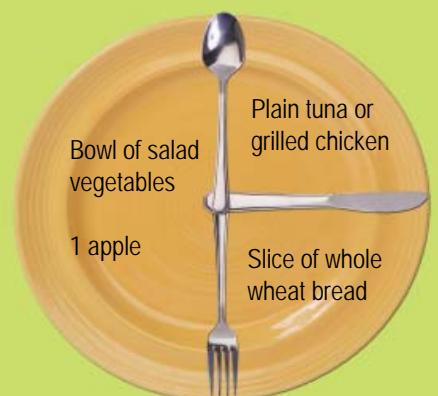


SAMPLE MEALS

Wrap: one half palm size portion shredded cheese and half palm size portion lean ham or chicken wrapped in a whole grain tortilla stuffed with an assortment of vegetables.



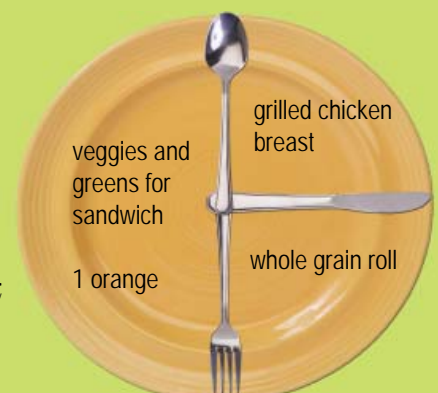
Large bowl of salad greens mixed with colorful vegetables topped with 1 palm sized portion of plain tuna or grilled chicken with non-fat dressing; one slice whole grain bread and an apple.



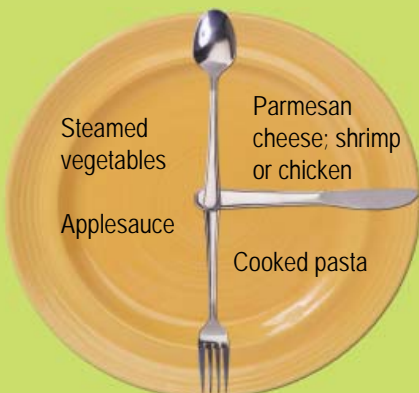
Stir Fry: plenty of vegetables with 1 palm sized portion of chicken, shrimp or tofu cooked in a non-stick pan with a bit of water to steam or 1 to 2 teaspoons olive oil served over 1 fist sized portion of brown rice.



Grilled Chicken Sandwich: 1 palm sized portion of grilled chicken breast, whole grain bun, topped with veggies and greens with non-fat dressing; one orange.



One fist sized portion of cooked pasta mixed with steamed vegetables and tomato sauce with 2 tablespoons grated parmesan and 1 palm sized portion of shrimp or chicken; 1 fist sized portion of applesauce.



Omelette made with 1 cup egg whites stuffed with vegetables - make it a sandwich with 2 slices of whole wheat toast or a whole grain English muffin; one banana.

