

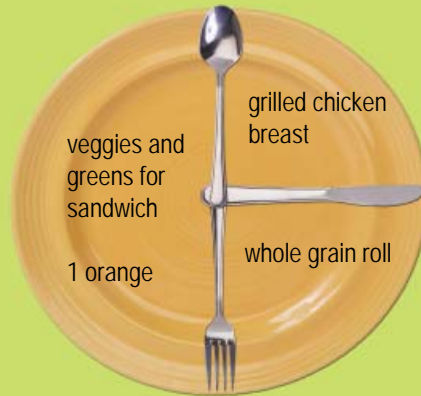
SMART EATING CHOICE

Fresh, whole, lean ingredients; minimal processing.

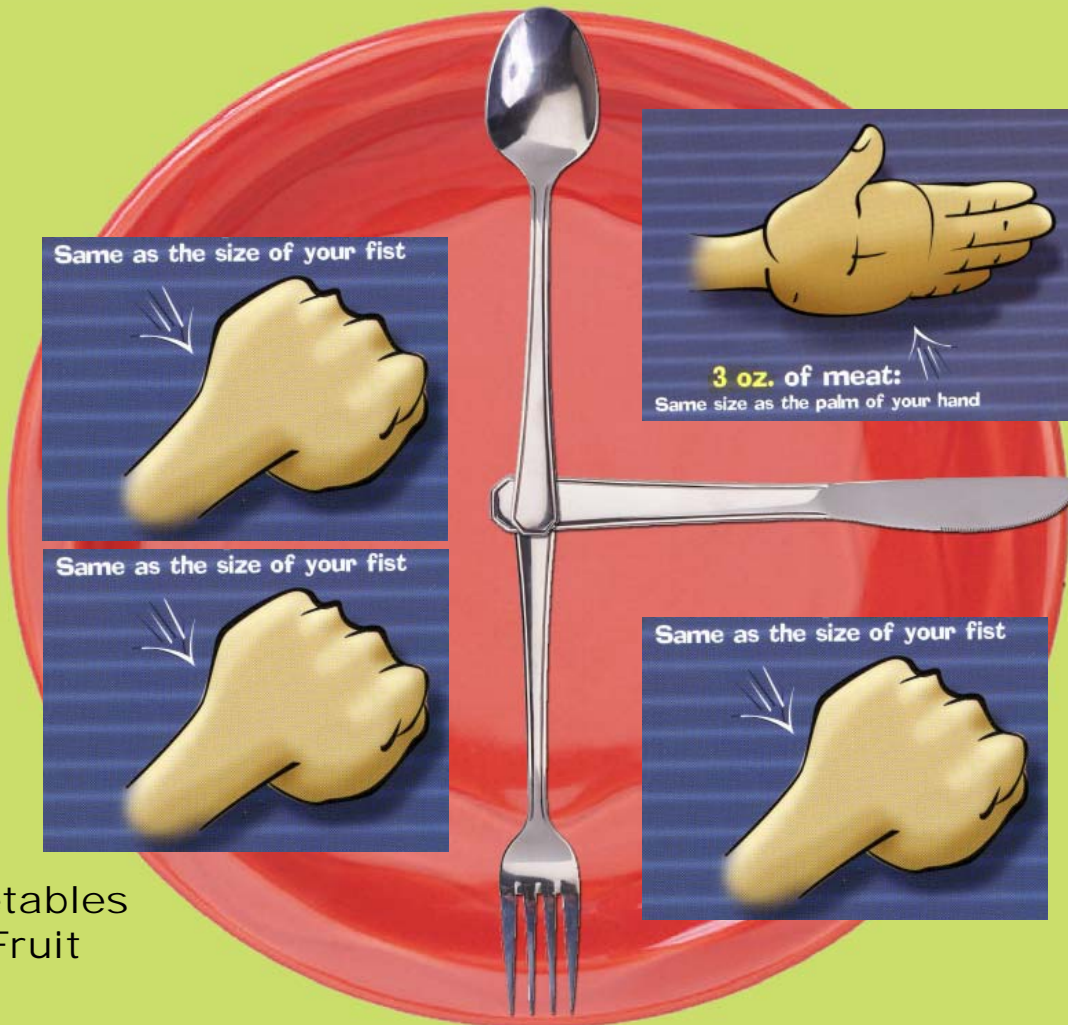
Half vegetables & fruit, 1/4 lean protein, 1/4 grain.

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

SAMPLE MEAL



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.



Lean Protein

Grain

Vegetables and Fruit