

## NATIONAL NUTRITION MONTH WEEK 2

Plan your meals each week.



1. Use a grocery list when food shopping. This will prevent you from buying spontaneous unhealthy purchases or too many "treats." For more information [visit here](#).



2. Be menu-savvy when dining out. Don't be afraid to ask your server about how a menu item is prepared. When possible, try making substitutions that will increase the vegetable content and decrease the fat or sugar content - such as replacing french fries with a side salad, or asking for grilled chicken instead of fried chicken.



3. Choose healthful recipes to make during the week. If time is a concern, prepare a large batch of a healthy recipe on Sunday so you're prepared with healthy meals for the rest of the week.



4. Enjoy healthful eating at school or at work. If there are no healthy food options in your workplace, bring your own food from home.



5. Plan healthful eating while traveling. Pack healthy snacks such as nuts or seeds, fresh fruit, raw vegetables, dehydrated chickpeas, and popcorn.

To make an appointment, call 844-NYC-4NYC (844-692-4692).

