

A Beautiful Plate

Try these tips for healthier eating with your family

- ✓ Eat more meals together
- ✓ Introduce more whole, plant-based foods into your family's diet
- ✓ Cook, slice, chop, and peel fresh fruits and vegetables more often
- ✓ Avoid highly processed and fast foods
- ✓ Avoid sugary drinks
- ✓ Enjoy your food!

Add plenty of fruits
and vegetables

Eat lean proteins like lentils,
beans, tofu, fish, and eggs

Make water your
drink of choice



Choose whole grains
like brown rice, quinoa,
oats, and millet

