

REAL EMPLOYEE STRENGTH

March 2011

Strength Through Health

Strengthen Your Diet

Think nutrient rich!

- Choose foods and snacks that are stock full of nutrients, such as colorful vegetables and fruits, whole grains, lean meats or beans, and low fat milk.
- Minimize foods that have few nutrients and are highly processed, such as candy, cake, cookies, high fat crackers, and sugar loaded drinks.

At work: make the healthy choice the easy choice.

- Keep less healthy snacks out of sight, and keep your favorite healthier snacks on hand when you get the munchies.



Take Home Messages

- It's easier to eat healthy when you choose to partner with another, whether it's grocery shopping, preparing meals, or eating out.
- Download an individual eating plan, for **free**, from: www.MyPyramid.gov.

\$tngthen Your Health \$avings

Try soups such as minestrone, lentil, vegetable, or chili. They are low in fat, high in fiber and protein, and you save by using less meat.

