



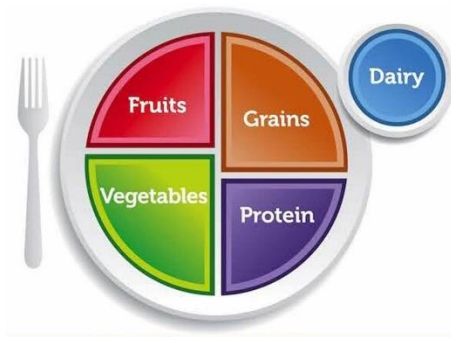
HORNET HEALTHY LIVING: VOLUME 13

National Nutrition Month Eat Right with MyPlate

Make half your plate fruits and vegetables:

Focus on whole fruits with meals, as snacks or a dessert

Vary your vegetables, colorful, steamed, sauteed, roasted, raw



Move to low-fat or fat-free dairy milk or yogurt

Replace sour cream, cream, and regular cheese with low-fat or fat-free yogurt, milk and cheese

Make half your grains whole grains:

Choose breads, crackers, and noodles made with whole-grain flours



Choose foods and beverages with less added sugars, saturated fat, and sodium:

Choose vegetable oils instead of butter

Drink water instead of sugary drinks



Vary your protein routine:

Lean meats and poultry, peas and lentils, unsalted nuts and seeds, soy products, eggs, Fish twice a week

Meatless meals with beans

