

# Create a Healthier Plate

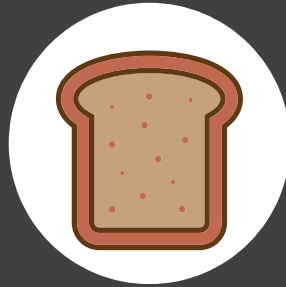
National Nutrition Month



## Vegetables

Vary your vegetables.

Try dishes such as grilled asparagus or roasted red bell peppers.



## Whole Grains

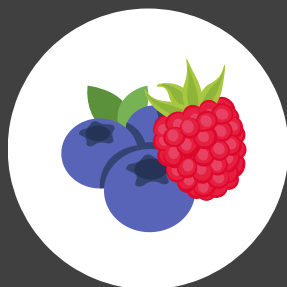
Eat more whole grains.

Try a whole wheat burrito or brown rice with a chicken and bok choy stir fry.



## Protein

Make healthier protein choices. Try roasted chicken, pinto beans and baked salmon!



## Fruit

Enjoy more fruits by adding them to dishes! Put blueberries in cereal or raspberries in salad.



## Dairy

If you are in the MOO-d for healthier dairy choices, learn about your dairy options!



## Want more?

Check out recipes from Working for a Healthier Tennessee and MyPlate.gov!

