

EAT SMART MONTH

Change a little. Change a lot.

DAILY TIPS TO HELP YOU EAT SMART

Share one tip each day via email or social media to help your employees, community or family up their food game. Each tip contains a link to more information on the Healthy For Good website.

1. **Healthy eating** is all about smart choices and small, sustainable changes.
2. **Get the facts on fats:** some are better for you than others.
3. To eat smart, include plenty of **colorful fruits and veggies.**
4. Good morning! Make **breakfast** a healthy habit.
5. Get your four fruit and five vegetable **servings** every day.
6. **Reading food labels** can help you make good choices.
7. Watch out for **sneaky sodium** in meals and snacks: it can really add up!
8. Did you know vegetables and fruits are **loaded with nutrients and fiber?**
9. For hassle-free healthy meals, be prepared with these **staple ingredients.**
10. Happy Veterans Day! Thank a veteran with a **healthy home-cooked meal.**
11. **Dining out** doesn't mean you have to ditch your diet.
12. **Avocados are a satisfying snack** and a source of healthy fats.
13. Don't let **excuses for overindulging** derail your healthy eating intentions.
14. Yes, you can include some **processed foods** and still eat smart!
15. The **right cooking oils** can make a big difference to your health.
16. Sip smarter: **replace sugary drinks** with better choices.



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17. **Whole grains** are healthy carbs and an important part of a smart eating pattern.
18. Can't get your family on the veggie train? **Get sneaky!**
19. Eating smart starts with **shopping smart at the grocery store.**
20. Cooking foods **in healthier ways** brings out their natural flavors.
21. Are any of these **"super foods"** on your Thanksgiving menu?
22. Add a hearty, **healthy salad** to your Thanksgiving table.
23. Happy Thanksgiving! How about a **healthy walk** after the big meal?
24. On game day, skip the chips. Dip with crunchy, delicious **fruits and veggies** instead.
25. Try a **meatless meal** a few times a week, and let veggies take center stage.
26. **Let our heart be your guide** at the grocery store.
27. Healthy eating habits start at home with **simple steps.**
28. Did you know eating more fruits and veggies can help you **eat less sodium?**
29. **Rightsize your portions** to keep calories in check.
30. **Go fish** for a helping of healthy fats and protein.

