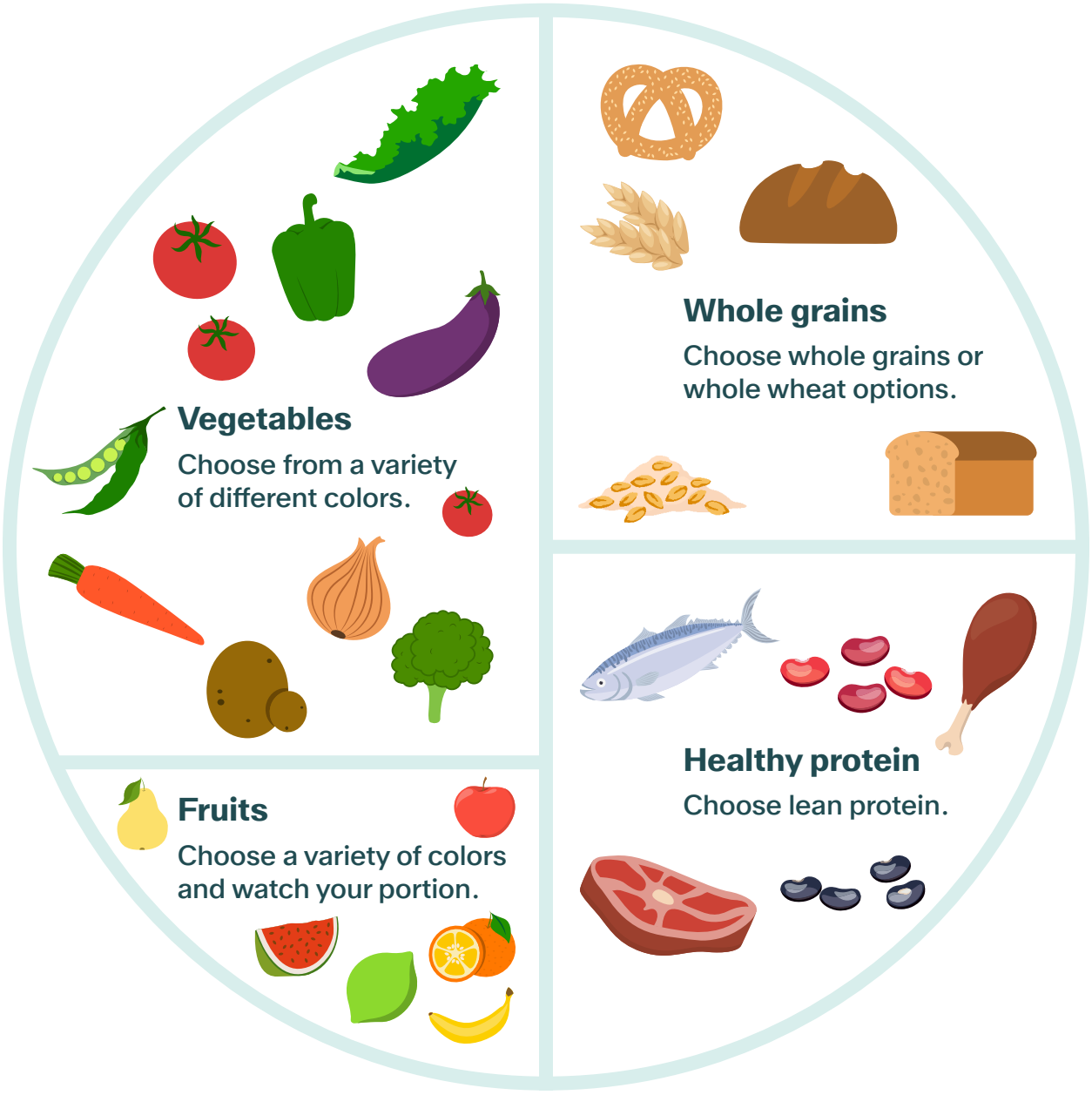
Creating a Balanced Meal

A healthy meal includes all food groups: vegetables, fruits, grains and proteins. Choose to eat many colorful foods. Fill half the plate with vegetables and fruit, and the other half with whole grains and lean proteins.

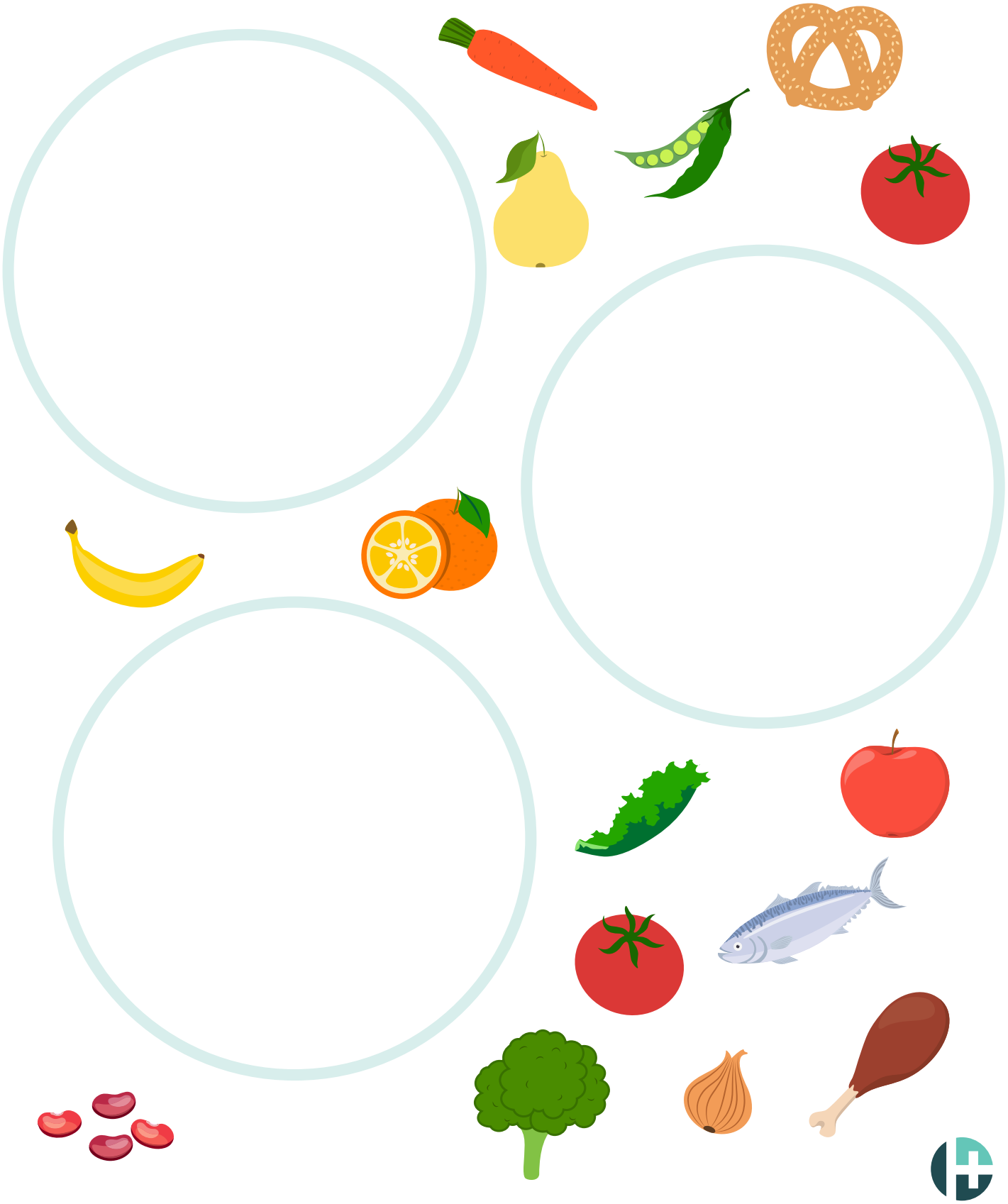


Drink plenty of water with a goal of 32 oz a day.

Choose healthy unsaturated fats.

CENTRAL HEALTH
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What will you create?



Create your Grocery List

Make your grocery list from the meals you came up with above.

FRUITS AND VEGETABLES	GRAINS	PROTEINS	HEALTHY FATS	SNACKS	BEVERAGES