

Veggies



Half half of your plate should be filled with veggies or fruits and veggies



Breakfast is a great time to start eating veggies. Try adding fresh veggies to bagels, eggs, or smoothies!



Enjoy a soup or salad at lunch that is chocked full of veggies!



Fresh veggies make great snacks! Think crunchy and dip them in Greek yogurt!



Dinner is where people usually eat veggies. Just be sure to make a big portion!