

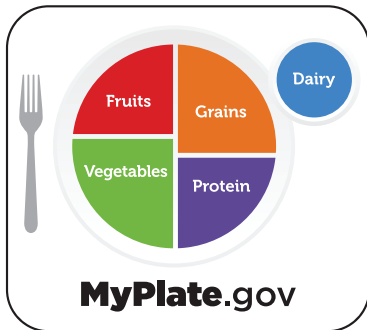
# MyPlate for Nutrition Month

## Try Earth-Friendly Whole Grains



A wide variety of ancient grains, including quinoa, amaranth, buckwheat, millet, and teff are not only good for your health, they're also some of the most sustainable grains to grow. The next time you take MyPlate's advice and make at least half the grains you eat whole grains, every day, check out some of these tasty varieties.

## Use Sustainability as the Path to Variety



Eating plant-based meals generally has a lower carbon footprint than sticking to meals that revolve around animal products. Since MyPlate advises people to eat half of their plate as fruits and vegetables, it is already off to a great start.

You can also use this advice to get out of your comfort zone and try more plant based proteins like tofu or legumes or just making meat more of a condiment in your cooking.

## Consider the Packaging



We don't judge books by their covers, but it's actually worthwhile to take a look at the materials that wrap your food. This National Nutrition Month®, do your shopping with reduction in mind. Purchase foods with minimal packaging. See if you can replace some packing-heavy favorites with more sustainable options.

## Now It's Your Turn!

Use the space below to outline two things you can do to *Fuel Your Future*:

---

---

---

---

---

---