## Nutrition Back to Basics

Plants	Choose	Cook	Move
eat a salad	more fruits, veggies	dinner at home	3 days of exercise
Smart Choices			
fruit for dessert	healthy not fad diet	healthy breakfast	skip TV and walk
beans for dinner	whole grains	a good lunch	30 minutes a day
	whole rice grain hull bran white rice germ		
whole grains	to plan ahead	better snacks	schedule workouts
		HART YO GURU	Love Vourself Vour Heelth



Put a check in each box you accomplish this month - see if you can get a bingo - four across, down or diagonal. Better still, go for black bingo and check them all!

**BROUGHT TO YOU BY:**