

Nutrition Back to Basics

<p>Plants</p> 	<p>Choose...</p> 	<p>Cook</p> 	<p>Move</p> 
<p>eat a salad</p> 	<p>more fruits, veggies</p> 	<p>dinner at home</p> 	<p>3 days of exercise</p> 
<p>fruit for dessert</p> 	<p>healthy not fad diet</p> 	<p>healthy breakfast</p> 	<p>skip TV and walk</p> 
<p>beans for dinner</p> 	<p>whole grains</p> 	<p>a good lunch</p> 	<p>30 minutes a day</p> 
<p>whole grains</p> 	<p>to plan ahead</p> 	<p>better snacks</p> 	<p>schedule workouts</p> 