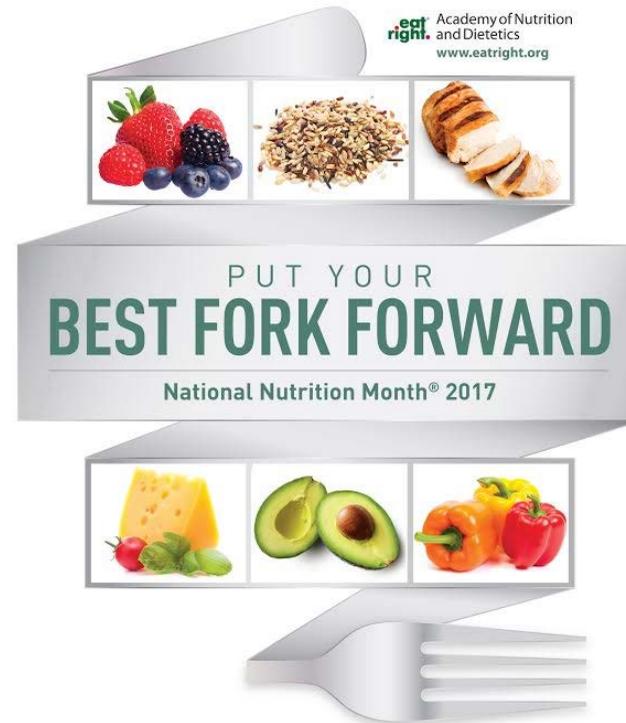


## Tips for Eating more fruits and Vegetables

1. Use crunchy vegetables in place of chips. You can also dip the vegetables in your favorite low fat dressing.
2. Add color to your salads by adding carrots, celery, cucumbers, tomatoes, onion, broccoli or mandarin oranges.
3. Add fruit to your morning routine. Add strawberries to your oatmeal or yogurt. Or, add avocado to your toast!
4. Stock your freezer with frozen vegetables to make for an easy side dish or stir fry
5. Dip: Whole wheat pita wedges in hummus, baked tortilla chips in salsa, strawberries or apple slices in low-fat yogurt, or graham crackers in applesauce.
6. Make fruit your dessert. Slice a banana and add it to low fat frozen yogurt topped with your favorite nut.
7. Have already chopped fruit and vegetables for an easy to grab snack.



**Tips provided by The Academy of Nutrition and Dietetics**  
**[www.eatright.org](http://www.eatright.org)**

## Tips for Eating Right on a Budget

1. Plan what you are going to eat.
  - When you make a shopping list, you are less likely to buy unnecessary items.
2. Determine where to shop.
  - Check the newspaper, mail, and online for sales and coupons.
3. Shop for foods that are in season
  - Refer to the back of this mat for seasonal produce.
4. Make your own healthy snacks
  - Individually packed snacks can be costly. Make your own nut mix or snack mixes.
5. Watch portion sizes
  - Eating extra of even low cost food can result in more money and excess calorie intake. Look at the food label for portion sizes of your product.
6. Cook more, eat out less.
  - Meals at home are cheaper and more nutritious.
7. Decide how much you are going to make
  - By making a larger batch of food, you can freeze it or save it for later and spend less time in the kitchen later on.

# Seasonal Produce Picks

Take advantage of the changing abundance of produce from season to season. While most produce is available year-round, it will be most flavorful when it's in season and grown locally.

## WINTER



## SPRING



## SUMMER



## FALL



National Nutrition Month® 2017

# What's for Breakfast? Word Search for Adults

Words may be horizontal, vertical, diagonal, or backwards.

1. Oatmeal
2. Veggie omelet
3. Bran flakes
4. Shredded wheat
5. Lowfat milk
6. Waffles
7. Canadian bacon
8. Fresh fruit
9. Yogurt parfait
10. Hard cooked eggs
11. Turkey sausage
12. Nut butter toast
13. Fruit smoothie
14. French toast
15. Cheesy grits
16. Oat bran muffin
17. Breakfast wrap
18. Bagel
19. Blueberry pancakes
20. Muesli

O	F	H	L	K	M	N	C	X	R	T	V	E	G	G	I	E	O	M	E	L	E	T	W
A	B	A	F	J	S	E	K	A	C	N	A	P	Y	R	R	E	B	E	U	L	B	P	X
T	U	R	K	E	Y	S	A	U	S	A	G	E	P	L	K	F	I	W	Z	T	M	N	C
B	M	D	E	R	T	F	K	L	M	N	F	R	E	N	C	H	T	O	A	S	T	R	V
R	L	C	K	A	B	R	C	Y	O	J	K	V	G	L	T	K	Z	X	B	T	V	Q	L
A	M	O	Q	F	K	G	V	R	C	A	D	S	L	O	M	N	V	I	L	S	E	U	M
N	Z	O	X	N	M	F	B	V	S	R	T	K	O	L	T	B	F	Y	B	A	L	T	R
M	V	K	R	T	N	D	A	G	H	I	J	M	K	A	L	A	M	N	S	O	T	V	L
U	S	E	L	F	F	A	W	S	R	C	S	L	E	Z	Q	G	V	N	H	T	P	X	C
F	X	D	R	H	C	V	M	G	T	T	N	H	P	A	B	E	T	O	N	R	L	K	G
F	N	E	L	T	W	R	Y	M	I	W	W	N	S	X	L	L	D	C	V	E	B	L	M
I	B	G	Q	S	R	S	L	U	V	D	R	D	J	F	K	V	B	A	W	T	C	I	N
N	T	G	L	N	E	B	R	C	E	B	S	A	R	D	W	Q	D	B	S	T	R	M	P
Y	L	S	M	E	Q	F	S	D	T	C	V	Q	P	J	L	M	T	N	R	U	X	T	Z
N	B	V	H	D	S	W	D	X	R	F	S	E	K	A	L	F	N	A	R	B	L	A	B
M	L	C	K	J	B	E	W	L	R	D	F	S	G	J	C	V	L	I	N	T	M	F	X
D	R	V	X	F	R	E	S	H	F	R	U	I	T	N	G	F	T	D	L	U	Z	W	R
F	L	N	M	H	C	P	D	W	L	K	J	S	D	C	V	X	Z	A	B	N	X	O	C
Y	P	Z	S	X	G	M	V	B	J	G	S	F	L	R	T	P	M	N	N	B	T	L	R
R	T	L	J	T	I	A	F	R	A	P	T	R	U	G	O	Y	K	A	X	C	V	W	T
Z	Q	V	P	R	N	K	G	Z	F	C	N	G	M	B	X	P	R	C	J	K	Y	B	L

For additional breakfast ideas, be sure to check out the "Power Up with Breakfast" Nutrition Tip Sheet.

