

Healthy Eating 101



•Eat a wide variety of whole colorful foods and balance your meals with portions of carbohydrates, proteins, and fat.

•For more examples of what makes a balanced meal, check out: <https://www.myplate.gov/>

•Eating a diverse selection of colorful fruits and vegetables helps to ensure you are getting the diverse vitamins & minerals your body would otherwise be lacking.

•For an example of how to meal plan, check out: <https://www.stlukesonline.org/health-services/health-information/healthwise/2018/08/15/21/39/meal-planning>

•Or request monthly meal plan recipes from:

<https://www.idahonutritionassociates.com/meals-in-minutes>

If you would like more information or want to speak with your HTC Team about Wednesday Wellness, please contact Diane or Alicia at (208) 381-2782.