Think Produce First

- Self-check: Is at least half your plate filled with fruits & veggies? If so, you’re on your way to feeling and performing your best!

- To keep that trim figure, keep juice portions to 1 small glass a day.

- Fresh or frozen fruits and veggies are good options. Canned produce is not the most wholesome choice.

- Seasonal produce tastes better, is more environmentally friendly, and has more nutrients than produce that’s not in season.

- You don’t need to give up all proteins! Lean proteins are part of a healthy and balanced diet. Just think of them in a supporting role rather than the main attraction.