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.

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.

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

Dried fruit is a good option, just be sure to choose unsweetened varieties.

Getting bored with broccoli and carrots? Today try something new! Our Farmshare at UCR program provides lots of fresh, local, and seasonal produce delivered from the farm to UCR. Visit bitly.com/farmshareUCR for more info and to sign up.