

### **eat smart what to pdf**

Try to eat more dark-green, red, and orange vegetables, and beans and peas. **GRAINS** . Make at Least Half Your Grains Whole. Grains. Choose whole-grain foods, such as whole-wheat bread, oatmeal, whole-wheat tortillas, brown rice, and light popcorn, more often. **PROTEIN** . Vary Your Protein Foods. Try fish, shellfish, beans, and peas more often.

### **Eat Smart To Play Hard - Food and Nutrition Service**

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Eat Smart As you are probably already aware, over the past few years I have discovered the importance of health and fitness and the huge impact it has had on my life both mentally and physically. When I first started creating my own recipes about 2 years ago I posted a few of them on here and also on my YouTube channel, all of which went down really well and I was left with people asking me for more.

### **Eat Smart | Niomi Smart**

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EAT SMART Expanded Food and Nutrition Program. 13 5. Eat meat in moderation. Add more grains, fruits and vegetables to your meal. A deck of cards is about the size of 3 ounces of meat, poultry or fish. Three ounces of meat, cooked and boneless, is a serving for one adult. 6. Cook with less fat.

### **EAT SMART - University of Tennessee**

ii African-American Churches Eating Smart and Moving More: A Planning and Resource Guide Dear Church and Community Health Leaders, The N.C. Division of Public Health and our many partners are pleased to present you with the African-American Churches Eating Smart and Moving More: A Planning and Resource Guide.

### **African-American Churches - Eat Smart, Move More NC**

The entire contents of Saving Dollars and Making Sense can be downloaded at [www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com). All files are available in PDF format for downloading and printing. Most agendas, letters, and resources are also available as Word documents online. The Saving Dollars and Making Sense Committee Guide is in the public domain and can be

### **Saving Dollars and Making Sense Committee Guide**

EATSMART Fall and winter bring special seasonal beverages, both hot and cold. (Pumpkin spice latte, anyone?) But these tasty liquid treats can come with extra calories, saturated fat and added sugars that you don't need. Here are some easy ways to still enjoy your favorites and practice healthy hydration. + Go H2O.

### **EATSMART**

Who knew eating healthy could taste so good? Freshen up your plate with delicious, easy-to-make Eat Smart vegetable recipes. Make a healthy meal today!

## **Healthy Recipes | Eat Smart Blog**

Smart Snacks When you choose to snack, think of it as a way to fit in more veggies, fruits, whole grains, and healthy fats. These foods can fill you up and give you an energy boost. TIPS – Watch your portions. Use measuring cups and spoons to help. Do not eat out of a family size bag or box.

### **Smart Snacks - American Diabetes Association:**

DALLAS, Oct. 31, 2017 – Seasonal sweet treats and multi-course meals tempt even the most dedicated healthy eaters during the holidays. That’s why the American Heart Association is designating November as Eat Smart Month. Kicking off with Eat Smart Day on Nov. 1, the month-long campaign is part ...

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