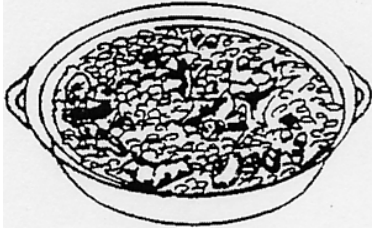


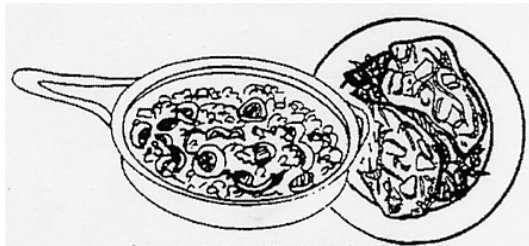


Eat more Vegetables



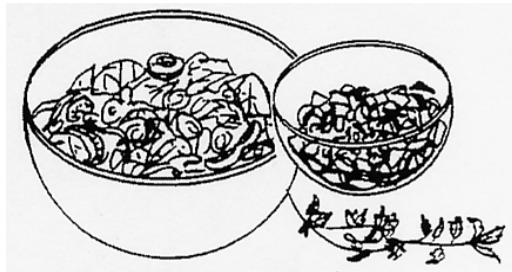
Prepare rice with vegetables

- ◆ Rice is more nutritious if you prepare it with vegetables.
- ◆ For a quick side dish, use boxed rice without adding any fat. Instead add tomatoes, green peas, carrots and other vegetables for flavor.



Prepare meat with vegetables

- ◆ Beef, pork, chicken and other meats are more nutritious if you prepare them with chiles, tomatoes and other vegetables.



Eat more salads and cooked vegetables

- ◆ Vegetable salads and cooked vegetables are healthy foods.
- ◆ Use non-fat or low-fat dressings.

Mango Salsa Salad

- 1 head of torn romaine lettuce
 - ¾ cup mozzarella cheese
 - 1 mango, 8 strawberries, 1 cup sliced pineapple
 - 2 boneless, skinless grilled chicken breasts
 - 1 avocado, ½ red onion
 - Lime juice
1. Wash and slice fruit in bite size pieces
 2. Mix lettuce and lime juice in a bowl
 3. Top with chicken, fruit, shredded cheese, red onion and avocado
 4. Serve and enjoy!