



# Eat better together

Healthy eating for the whole family



## Want to eat healthier but don't know where to start?

Try making a few simple changes to you and your family's lifestyle and mealtime routine. It may be easier, and more enjoyable, than you think!

# Build better habits

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Together, you and your family can create smarter habits that will help everyone eat and feel better.

## Explore new tastes

People of all ages need opportunities to taste new foods. Try new fruits and veggies or cuisines from other cultures.

## Snack smarter

Make sure to have easy-to-grab fruits and veggies available.

## Try going meatless

Beans and veggies can add protein, fiber and other nutrients to a meal.

## Plan your meals

This will help you stay organized, while also saving you time and money.

## Buy healthy

Read nutrition labels when you shop. Choose items that are lower in unhealthy fats, calories and sodium. And avoid overly processed foods when you can.

## Make mealtime fun

Get others involved in the kitchen. Ask for help or assign tasks while preparing meals. Make it healthy, fun and meaningful for everyone!



**You can find plenty of ways to enjoy healthier meals with the family. Get started now!**

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