

# Healthy Eating. From the Ground Up.



Academy of Nutrition and Dietetics  
Academy of Nutrition and Dietetics Foundation

**What I learned today:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Plant foods benefit the body by \_\_\_\_\_  
\_\_\_\_\_.

Fiber helps the body \_\_\_\_\_  
\_\_\_\_\_.

### **Favorite Plant Foods**

Whole Grains	Legumes	Nuts/Seeds	All Fruits and Vegetables!

## Easy Ways to Eat Plant-Based Foods

### Breakfast of Champions!

- Whole grain cereal with berries
- Parfaits with yogurt, granola, fruit
- Smoothies with milk/yogurt and fruit
- Western Omelet with black beans, onions, peppers, and mushrooms
- Breakfast Pizza with whole wheat English muffin, plain yogurt, fruit

More:

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### Lunch Munch

- Wrap it Up with whole wheat tortilla, hummus, tomatoes, lettuce, cucumbers
- Power Pita Pocket with peanut butter, strawberries, sunflower seeds

More:

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### Snack Attack

- PBB Bites with peanut butter and banana
- Fruit & Cheese Kabob with sliced cucumber, sliced apples, sliced cheese
- Ants on a Log with celery, peanut butter, and raisins or cranberries
- Homemade Trail Mix with almonds, peanuts, sunflower seeds, raisins, cranberries, dried apricots, whole grain cereal
- Hummus Dip with baby carrots, cucumbers, celery

More:

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### Dinner Delights

- Vegetable Lasagna and side salad
- Minestrone Soup with veggies and beans
- Stir Fry with brown rice, vegetables, and tofu

More:

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