

# Nutrition Back to Basics

<p><b>Plants</b></p> 	<p><b>Choose...</b></p> 	<p><b>Cook</b></p> 	<p><b>Move</b></p> 
<p>eat a salad</p> 	<p>more fruits, veggies</p> 	<p>dinner at home</p> 	<p>3 days of exercise</p> 
<p>fruit for dessert</p> 	<p>healthy not fad diet</p> 	<p>healthy breakfast</p> 	<p>skip TV and walk</p> 
<p>beans for dinner</p> 	<p>whole grains</p> 	<p>a good lunch</p> 	<p>30 minutes a day</p> 
<p>whole grains</p> 	<p>to plan ahead</p> 	<p>better snacks</p> 	<p>schedule workouts</p> 

Put a check in each box you accomplish this month - see if you can get a bingo - four across, down or diagonal. Better still, go for black bingo and check them all!

**BROUGHT TO YOU BY:**