



*Focus on whole fruits and vegetables.*



# Small Changes Matter

*Move to low-fat or fat-free dairy milk or yogurt.*



*Choose whole grains when possible.*



The benefits of balanced eating add up over time, bite by bite.

*Vary your protein routine.*



Visit [www.myplate.gov](http://www.myplate.gov) to learn how to construct your balanced diet.



Alpha Chi Omega



PI KAPPA PHI



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ZETA TAU ALPHA