



## Frustrated about trying to eat healthy?



Don't get yourself down.

There are ways to eat healthy and be happy. Many are as easy as pie, but it takes dedication.

These are just a few to include every day!

### SMART FOOD CHOICES:

Food	Nutrient	Benefit
Wheat Bread	Fiber	Weight Control
Oranges	Vitamin C	Builds Immune System
Carrots	Vitamin A	Good for Eyes
Bananas	Potassium	Great for the Heart

