



More Plants Please!

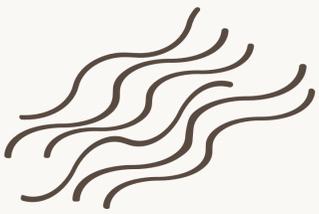
Eat Your Way to Health

Choose plants first



fill up on fruits and vegetables

eat whole grains



whole grain
soba noodles



brown rice



whole grain
couscous

try plant based proteins



black beans



tofu



Stay Healthy, Eat More Plants!

