

I choose to eat more fruits and vegetables

I choose to change!

Here are things I can choose to do:

- Include fruit regularly throughout the day, such as adding fruit to lunch
- Aim to eat a variety of fruits and vegetables each day, choosing different colors and types.
- Choose meals that include vegetables, such as adding a salad or vegetable-based dish to lunch.
- When I want crunchy foods, I can eat apple slices, little carrots, celery sticks, or snap peas.
- Make a fruit smoothie with full-fat milk or plain yogurt with no added sugar for dessert.



Special Olympics
Health Promotion

