

# I choose to eat more fruits and vegetables

I choose to change!

Here are things I can choose to do:

- Eat a fruit a day with lunch.
- Make half my plate fruits and vegetables every day.
- Have a salad for lunch.
- When I want crunchy foods, I can eat apple slices, little carrots, celery sticks, or snap peas.
- Make a fruit smoothie with low-fat milk or low-fat plain yogurt for dessert.



Special Olympics  
**Health Promotion**



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