## I choose to eat more <br> I choose to change! fruits and vegetables <br> Here are things I can choose to do: <br> - Eat a fruit a day with lunch. <br> - Make half my plate fruits and vegetables every day. <br> - Have a salad for lunch. <br> - When I want crunchy foods, I can eat apple slices, little carrots, celery sticks, or snap peas. <br> - Make a fruit smoothie with low-fat milk or low-fat plain yogurt for dessert. <br> Food images © 2006 Silverlining Multimedia. Used with permission <br> Special Olympics <br> Health Promotion <br> (*) (9)

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