Highlighting Balance: The Holy Grain

WHOLE GRAINS:
- Quinoa
- Wheat Berries
- Pearled Barley
- Bulgur

» Make half of your Grains Whole
» Make Whole, Intact Grains the New Norm

PROTEIN:
- Egg
- Shrimp

» Serve More Kinds of Seafood More Often
» Choose lean protein

VEGETABLES:
- Kale
- Carrots
- Peppers

» Make half your plate fruits and vegetables
» Think produce first