



# EAT HEALTHY: 3 x 3



Eat **3** meals each day.

Eat from at least **3** different food groups at each meal.

Make sure **one** of the groups at each meal is a **fruit** or **vegetable**.

## FIVE FOOD GROUPS

NON-STARCHY  
VEGETABLES



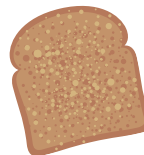
FRUIT



PROTEINS/MEATS



STARCH/GRAINS

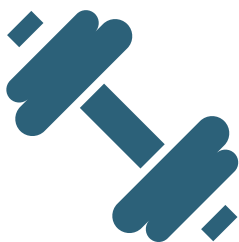


DAIRY



## BENEFITS

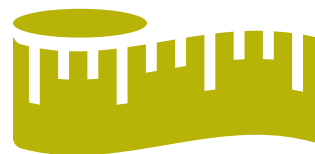
STRONG MUSCLES & BONES



WEIGHT LOSS



HELPS MANAGE BLOOD SUGARS

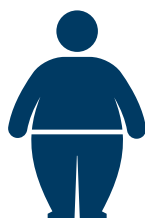


## PROTECTION FROM

HEART DISEASE



OBESITY



DIABETES



HCM

HILL COUNTRY  
MEMORIAL