

One Simple Change



What can you change today that will help you with your health?

If you are trying to eat a bit better, try eating a large serving of vegetables with every meal...yes, that includes breakfast! Make the vegetable portion of your meal take up the most space on your plate. This will help you get the fiber, nutrients, and vitamins you need every day.

Good luck, and remember **One Simple Change** each week can change your health for a lifetime!