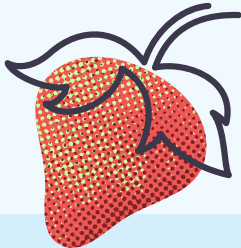



Right Bite:

Let's Get **Eight** Fruits or Vegetables

► Learn how to cut fat and cholesterol from your diet with fruits and vegetables as part of the Right Bite: Setting the Table for Healthy Eating series. Adults and teens will discover fun ways to make tasty changes to their diet and easy changes to their physical activity.



Meal or Snack	What fruit or vegetable could be added or substituted?
Breakfast <ul style="list-style-type: none"> ■ 2 eggs ■ ½ cup grits ■ 2 biscuits ■ 2 pats margarine ■ Coffee or milk 	
Lunch <ul style="list-style-type: none"> ■ Turkey sandwich ■ Chips ■ Ice cream ■ Iced tea or milk 	
Snack <ul style="list-style-type: none"> ■ 2 cookies and milk 	
Dinner <ul style="list-style-type: none"> ■ 1 baked chicken breast ■ ½ cup rice ■ ½ cup green beans ■ 1 roll with margarine ■ Iced tea, milk, or coffee ■ 1 piece of cake 	
Snack <ul style="list-style-type: none"> ■ Popcorn and soft drink 	

Helen Jones, Shonda Miller, Elaine Softley, and Marilyn Agee, all *Regional Extension Agents*, Human Nutrition, Diet, and Health, Auburn University

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