



## NOT *just* AN APPLE A DAY.

Recent recommendations indicate we should *fill half our plates with fruits and vegetables* at every meal. Unfortunately, most of us are not getting anywhere close to enough of the good stuff.

### Here are a few ways you can start improving your diet:

- \* Mix sliced fruit or frozen berries with yogurt or cereal.
- \* Add apple chunks, pineapple, grapes, or raisins to tuna or chicken salad.
- \* Add lots of colorful vegetables, such as red cabbage, carrots, and bell peppers, to green salads.
- \* Add lots of vegetables to sandwiches. Lettuce, tomatoes, cucumbers, bell peppers, and avocado slices are flavorful choices.

Free resources available to you and your dependents:

- \* Use the **Diet Tracker** at [www.webmdhealth.com/ut](http://www.webmdhealth.com/ut) to record and monitor your eating habits. You can rate your diet and keep notes about what you're eating on a daily basis.
- \* Visit the **Nutrition Health Management Center** at [www.webmdhealth.com/ut](http://www.webmdhealth.com/ut) to access the many tools to help you improve your diet and your health.

Keep eating your apple a day, but don't stop there! Make fruits and vegetables the foundation of your healthy diet.

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