Easy Ways to…
Eat a Variety of Proteins

Eat a variety of proteins as part of a healthy diet. Eat plant proteins more often.

Beans and Lentils	Nuts and Seeds	Lean Animal Proteins
Make a three bean salad.	Spread nut butter on apple or banana slices.	Choose fish twice a week.
Add beans to sautéed greens and eat with brown rice.	Add nuts to vegetables and salads.	Eat lean meat and poultry in the right portions – about the size of your palm.
Make a bean dip to enjoy with vegetables.	Snack on a handful of unsalted nuts or seeds.	Bring a hard boiled egg with you for an easy snack.

For healthy eating tips, like Eat Healthy, Be Active NYC on Facebook at facebook.com/eatinghealthynyc
For more information about Stellar Farmers Markets, visit nyc.gov and search for "farmers markets."
For healthy recipes, visit jsyfruitveggies.org.

NYC Health

Just Say Yes to Fruits and Vegetables

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