



Build Your Plate to Get Your 8

- » Include a fruit and/or vegetable at EVERY meal or snack
- » Start with vegetables and fruits first, then add your protein
- » Remember to pack fruits and vegetables for work
- » Keep pre-washed and cut fresh vegetables on hand



For additional information, please link to the APHC Nutrition page at:
<http://phc.amedd.army.mil/topics/healthyliving/n/Pages/default.aspx>
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Performance Triad

