



# Nourishment Throughout the Day

Good nutrition can be spread throughout the day with meals and snacks

A healthy eating pattern can include:



Vegetables



Fruits



Grains



Protein



Dairy



Oils

## SNACKS

- Snacks can be quick and simple
- Prepare tasty snacks ready to grab-and-go



## DESSERTS

- Make fresh fruits a main part of your desserts
- Add nuts and seeds to baked goods



## BEVERAGES

- Hydration is important to help maintain good health
- Focus on drinking mostly water or try fruit-infused water for more flavor

