**Bloom Where You are Planted**

**Small Changes/Large Impact**

What are some changes you can make and how can you do so?

**Eat more fruits and vegetables**
- Include a fruit or vegetable with every meal!
- Maybe even with your snacks!
- Think about getting these first to put on your plate.

**Eat a variety of foods**
- Make your plate look like MyPlate: include a lean protein, starch, fruits and vegetables.
- Don’t be afraid to try something new!

**Drink more water everyday**
- Start your day with water.
- Keep water nearby.
- Take water with you on the go.
- Spruce up your plain water with fruit infusion!

**Surround yourself with nourishing and fulfilling foods**
- Think about how foods are making you feel.
- Set yourself up for success! Be conscious about what you are buying and keeping near you.

**Get moving; Move everyday**
- Walk at lunch or between meetings/classes.
- Take the stairs.

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**Tips for Success!**

- Nutrition is individualized, do some self-reflection, what can you work on?
- Make 1–2 **SMART** goals: specific, measurable, attainable, relevant, time-based
- **Consistency is KEY!**
- Take what you have now paired with your new knowledge and work to make small changes because if you are consistent, it can have a large impact.

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Websites to check out: eatright.org; nutrition.gov; choosemyplate.gov