



Eating for our Health & the Environment

Eat More Plants

Try filling your plate with more local plants. You'll increase fiber and nutrients in your diet while decreasing foods requiring processing and transportation.



Protein Source Variety

Protein can come from meat, seafood, dairy, or legumes. Try varying your protein sources throughout the week to avoid excess meat consumption.

Eat Seasonally

Eating foods in season can decrease the need to transport food far distances. Also, seasonal food may taste fresher and be cheaper!



A diverse diet with an emphasis on fruits, vegetables, whole grains, and healthy fats is a great way to help the environment and our bodies.