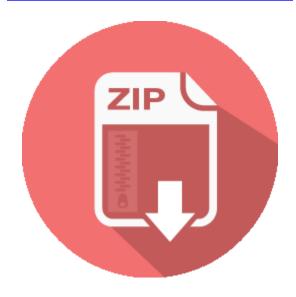
# **HEALTHY EATING MEALS**



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#### Quick and Easy Recipes Have a Healthy Meal on the Table

Photo: Babble. Stuffed with tasty, healthy ingredients, quesadillas are an easy way to get a quick lunch on the table. This Tex-Mex version pairs black beans and corn with salsa, cheese, and red pepper flakes in a flour tortilla for a filling, fiber-packed meal, especially if use whole-wheat tortillas.

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## Healthy Eating for a Healthy Weight Healthy Weight CDC

According to the Dietary Guidelines for Americans 2015-2020, a healthy eating plan: Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products. Includes lean meats, poultry, fish, beans, eggs, and nuts. Is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars. http://ebookslibrary.club/download/Healthy-Eating-for-a-Healthy-Weight-Healthy-Weight-CDC.pdf

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