

# National Nutrition Month Pledge



<p> <b>Week 1:</b> I pledge to.. </p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <p><b>Fill half your plate fruits and vegetables</b></p> 	<p> <b>Week 2:</b> I pledge to.. </p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <p><b>Vary your protein. try some seeds, nuts, and beans</b></p> 
<p> <b>Week 3:</b> I pledge to.. </p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <p><b>Make half your grains whole grains</b></p> 	<p> <b>Week 4:</b> I pledge to.. </p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <p><b>Go low fat. Choose milk that is nonfat or 1%</b></p> 