



5, 4, 3, 2, 1, 0...Brenner *FIT* – Families In Training



- Eat more fruits and vegetables
- Keep a healthier weight
- Eat less fat and calories, but more vitamins and minerals
- Develop healthier eating habits and good social skills
- Less likely to drink, smoke, or use drugs
- More likely to get good grades

- Whole grains: Boost fiber & nutrients with whole grains rather than refined, processed products.
- Lean meat, fish, poultry, & beans: Cook protein without large amounts of fat.
- Vegetables & fruit: More matters! Fill half of your plate with veggies every night!
- Low fat dairy: Skim or 1% milk is a better beverage choice.

- Schedule ahead of time--Everyone gets to help plan meals & create the grocery list
- Divide the cooking- every family member is responsible for part of the meal
- Make a larger meal, and freeze the rest for later in the week
- Everyone helps prepare the meal and clean up afterwards

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