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6. Fix Healthy Snacks 1. Eat Breakfast 2. Make Half Your Plate Fruits and Vegetables 7. Consult an RDN 2 3. Watch Portion Sizes 4. Be Active 60 30

5. Get to Know Food Labels

11. Order Out without Ditching Goals	18. Make an E ort to Reduce Food Waste
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12. Enact Family Meal Time	19. Slow Down at Mealtime
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13. Banish Brown Bag Boredom	20. Supplement with Caution .
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14. Reduce Added Sugars	
	For a referral to a registered dietitian nutritionist and for additional food and nutrition
	information, visit www.eatright.org.
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15. Eat Seafood Twice a Week	eat Academy of Nutrition right. and Dietetics
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16. Explore New Foods and Flavors	•
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17. Experiment with Plant-Based Meals	
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