



Nutrition tips from Christine Herkommer, RD

Easy Ways to Keep Your Family Healthier!

Eating healthy yourself but want to improve your family's health as well?

Instead of eating regular pasta switch to whole wheat to improve the quality of your carbohydrates.

For one night a week eat vegetarian. Vegetables make for a tasty meal and are full of fiber!

Serve your food the plate service way instead of family style. Predetermined servings on the plate not only helps portion control but discourages second helpings.

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