

# “Better For You” Combo Meals

## Include Fruits or Vegetables, Whole Grains, and Water.



### Choose the “Better For You” Combo!

It provides at least two of the following:

- **Fruits and vegetables:** Fruits and vegetables may help protect your body against diabetes, weight gain, heart disease, and some types of cancer.
- **Whole grains:** Whole grains have fiber, which helps keep your blood sugar balanced and helps you feel full longer.
- **Healthier cooking:** Grilling, baking, boiling, roasting, stir-frying, and steaming are healthier for your heart than deep frying.

### Water is free, just ask for a cup!

Every cell in your body needs water. Choose water first for thirst instead of sugary drinks.

Look for the “Better For You” Combo meal at Restaurant Meals Program locations.