PRINTING SPECIFICATIONS

Publication: **Healthy Options Are Here!** (table tent card)

DOH Pub #: 340-230 Cafeteria

Printing instructions:
To print this publication from a desktop printer, do the following:

- Make sure legal size paper is loaded in your printer. From the File menu, go to Print.
- Choose to print only page 2.
- Under Page Scaling, select None **OR** under Size Options, choose Actual Size.
- Under Properties, select the following: **Paper size:** legal; **Orientation:** portrait.

When printing is finished, trim along solid lines on both sides. Fold paper along dotted lines with text showing on the outside. Tape short edges together to form the table tent card.

Healthy options are here!

We heard you say that having access to healthy choices at work is important.

We're now offering:

- More fresh fruits and vegetables
- Whole grain rich options
- Lean protein options

- Lower sodium options
- Healthy substitutions

Healthy eating just got easier.

Your health. Your food. Your choice.

Choose well Live well

9 ways to make your meal a healthier choice

1. Go for the whole grain option like whole wheat bread or brown rice.
2. Order an entrée that isn't fried.
3. Ask for the sauce on the side to reduce calories and sodium.
4. Add a side of steamed vegetables and season with pepper.
5. Hit the salad bar and top with a vinegar-based dressing.
6. Go vegetarian for a day—look for low-fat, protein-rich vegetarian options.
7. Try fruit for dessert or a smaller portion cookie.
8. For breakfast, try oatmeal and top with berries or nuts.
9. Choose a healthy beverage like low-fat or non-fat milk or seltzer water.

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For persons with disabilities, this document is available on request in other formats. To submit a request, please call 1-800-525-0127 (TDD/TTY 711).

Healthy Communities Washington
Partners promoting healthy people in healthy places
www.doh.wa.gov/healthycommunities