



11. Order Out without Ditching Goals

18. Make an Effort to Reduce Food Waste

12. Enact Family Meal Time

19. Slow Down at Mealtime

13. Banish Brown Bag Boredom

20. Supplement with Caution

14. Reduce Added Sugars

For a referral to a registered dietitian nutritionist and for additional food and nutrition information, visit [www.eatright.org](http://www.eatright.org).

15. Eat Seafood Twice a Week

**eat right.** Academy of Nutrition and Dietetics

16. Explore New Foods and Flavors

17. Experiment with Plant-Based Meals

