

This  
Weeks  
Theme

# Personalize your Plate



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

There is no one-size-fits-all approach to nutrition and health. We are all unique with different bodies, goals, backgrounds and tastes! Embrace you and find something that works for you.

Get more helpful tips here.



Use your camera on your mobile device to quickly scan this QR code.

*Question of the week:*  
To live a healthy life you don't need to eat nutritiously 100% of the time. What percent of the time can you treat yourself?

**Answer:** 15%. Follow the 85/15 rule where you eat nutritiously 85% of the time and allow to treat yourself 15% of the time.

Include a variety of foods from all food groups.

Be menu-savvy when dining out.

Choose healthful recipes to make during the week.

Treat yourself 15% or less of the time.

Hydrate healthfully.

Sit down and share meals together.

Try something new.