

# Nut Butter Potluck

## Healthy Food Guideline Checklist:

- Make half of all food offerings colorful fruits and vegetables\*
- Offer smaller portions of foods
- Offer foods low in solid fats, added sugars, and sodium
- Offer whole-grain foods
- Make water more available

\*For information and tips about filling half your plate with fruits and veggies, visit [FruitsAndVeggiesMoreMatters.org](http://FruitsAndVeggiesMoreMatters.org).

## Sign-up Sheet

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## Toppings:

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## Other:

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*Eating nuts as part of a healthy diet can be good for your heart.*

*Mayo Foundation for Medical Education and Research, Feb 4, 2011.*

**BetterHealth**

CITY OF ALBUQUERQUE AND PARTICIPATING GOVERNMENT ENTITIES

*Better you.*

