FULL OF NUTRIENTS, VITAMINS AND MINERALS IMPORTANT FOR THE BODY TO FUNCTION. EAT 2-3 FRUIT AND 4-5 VEGETABLE FIST Sized AMOUNTS DURING THE DAY.

EAT WHOLE FOODS

PROTEIN

Helps the body repair muscles and gives a steady supply of energy. Eat a palm sized amount 3-4 times a day.

VEGETABLES AND FRUITS

Full of nutrients, vitamins and minerals important for the body to function. Eat 2-3 fruit and 4-5 vegetable fist sized amounts during the day.

COMPLEX CARBS

Full of fiber, vitamins and minerals. They help to improve digestion. Eat 3-5 fist sized servings during the day.

HEALTHY FATS

Fats are important for cellular structure and the brain. Eat 2-4 thumb sized servings each day.

For more information contact:
Rocky Mountain Tribal Leaders Council
Tribal Opioid Response (TOR) Project 2929
3rd Avenue North, Billings
406.252.2550

www.rmtlc.org