

# **Nourished on Any Budget: Useful Tips for Adding more Fruits and Vegetables to Your Plate**

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# Today's Goals

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Discuss how to incorporate fruit and vegetables in ways that honor your lifestyle, cultural, and financial needs.



Emphasize foods that support overall health.



Promote simple changes to eat more nourishing foods.

# Three Core Education Messages

1.  $\frac{1}{2}$  your plate fruits & veggies, every meal, every day.
2. For portion control, use a smaller plate
3. Drink water, not sugary drinks.



# Paint Your Plate with **Color**

- **Color** = Variety of vitamins, minerals, and nutrients
- Five main color groups

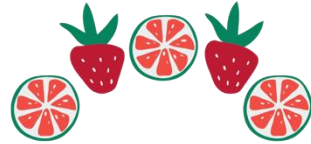


# Nourished on Any Budget

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Buy generic or store brands



Buy in season



Choose canned or frozen



Balance your meals



Honor your hunger and fullness



METRO HEALTH

**¡Viva Health!**  
Eat well, feel great. ✨ Come bien, siéntete bien.

# Nourished on Any Budget



Practice flexible meal planning



Scan grocery store flyers



Choose canned or frozen

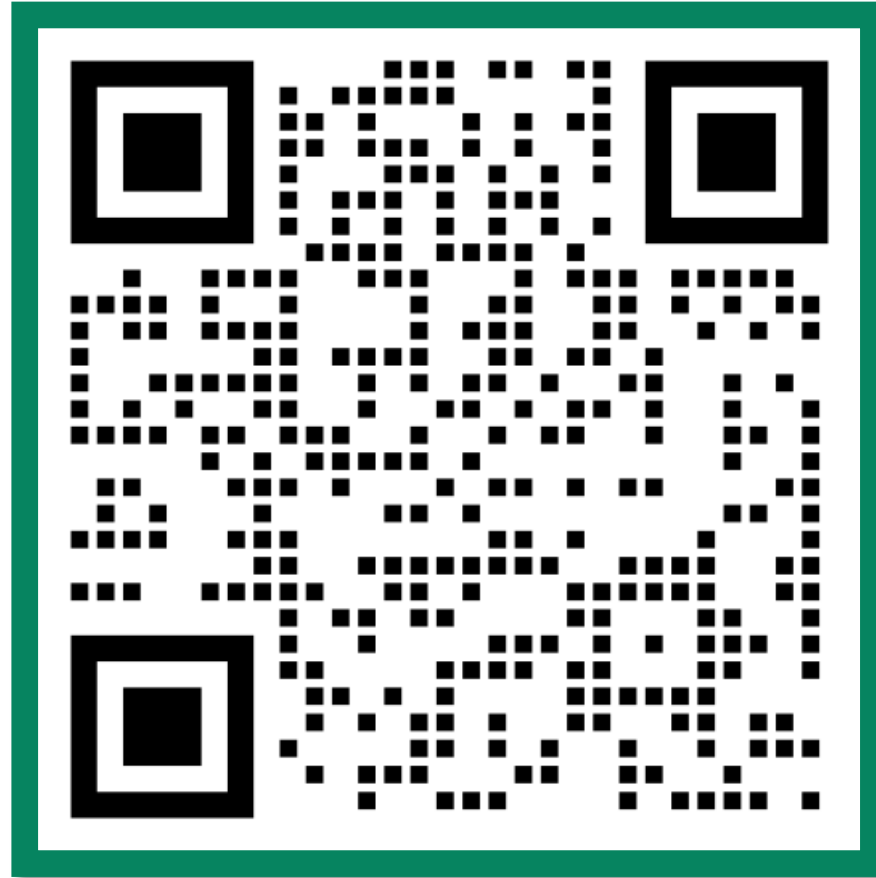


Consider cultural foods



Add diversity

**For additional educational  
flyers, scan the QR Code**



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# Thank you!

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