

NEAT Monthly Topics

SY10

August	"The Food Guide Pyramid"
September	"Fiber Rich Foods"
October	"Dark Green & Orange Veggies"
November	"Citrus Fruits"
December	"Healthy Oils & Fats"
January	"Yogurt"
February	"Vegetarian Protein Options "
March	"Beverages & Sweeteners"
April	"Portion Control & Serving Sizes"
May	"Exercise Counts"