

MONTANA

DISCOVER OUR STATE'S DELICIOUS TREASURES

Make a **Montana Tray** by eating foods grown in Montana. See below for examples of foods grown in Montana to help you build a **rainbow** on your tray.



Fuel up with fruits at meals or snacks

- Apples
 - Apricots
 - Cherries
 - Chokecherries
 - Huckleberries
 - Melons
 - Peaches
 - Pears
 - Plums
 - Raspberries
 - Strawberries
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Vary your veggies

- Asparagus
 - Broccoli
 - Carrots
 - Cucumbers
 - Garlic
 - Green Beans
 - Herbs
 - Kale
 - Legumes
 - Lettuce
 - Mushrooms
 - Onions
 - Peas
 - Peppers
 - Potatoes
 - Spinach
 - Squash
 - Tomatoes
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Make half your grains whole

- Barley
 - Flax
 - Oats
 - Kamut
 - Wheat
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Get calcium-rich foods

- Cheese
 - Milk
 - Yogurt
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Go lean with protein

- Beef
 - Bison
 - Cheese
 - Chicken
 - Deer
 - Duck
 - Eggs
 - Elk
 - Fish
 - Lamb
 - Pork
 - Turkey
 - Garbanzo Beans
 - Lentils
 - Peas (dry)
 - Pinto Beans
 - Black Beans
 - Yogurt
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Find your balance between food and fun!

There are so many ways to get moving in Montana—skiing, yoga, hiking, running, fishing, basketball, skateboarding and lots more!

Aim for at least 60 minutes of activity most days.

