



Roadmap to Healthy Eating

Want to learn how to eat healthier from the comforts of your own home?

Access this new online healthy eating program designed by

University of Idaho Extension Educators!

https://openeducation.blackboard.com/mooc-catalog/courseDetails/view?course_id=1796_1

(click above link – hit “Enroll” – follow directions to create an account – have fun!)

After completing this **FREE** online course, you will better understand how to:

- Plan healthy meals based on the 2015 Dietary Guidelines
- Utilize the helpful MyPlate recommendations to ensure a well-rounded meal plan
- Eat more fruits, vegetables, grains, low-fat dairy, and proteins
- Choose foods with less added sugars, saturated fats, and sodium
- Ensure a healthier lifestyle for your family



Contact for questions:

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