



Get Healthy Meal Planner

- Get Healthy Meal Planner is the newest online program on the Get Healthy Clark County Website.
- The program was launched in May
- Works with you like your own private nutritionist to help you create completely balanced diets using your favorite foods.

Walk Through of Program

Get Healthy Meal Planner

- ❑ The Get Healthy Meal Planner lets you use your favorite foods to create meal plans that give you complete balanced nutrition.
- ❑ The Interactive Report Card will grade your choices and show you what nutrients you're missing.
- ❑ Your current needs are personalized based on your goals and your personal nutrient requirements.
- ❑ Once you create a meal plan, the system will suggest ways to improve it by adding or removing foods.



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Questions???

