

Choose **MyPlate**.gov

- Balance calories in with exercise or calories burned
- Enjoy your food, but eat less
- Use a smaller plate, bowl, or glass
- Make half your plate fruits and vegetables
- Switch to fat free or 1% milk
- Eat more whole grains
- Eat foods lower in sodium (salt)
- Read food labels to compare fats, sugars, and sodium to make the best choice
- Eat more fruits and vegetables
- Eat less food with solid fat and added sugar (cakes, cookies, ice cream, candy, sweetened drinks, and fatty meats)
- Vary your protein sources with low-fat meats, fish, and lots of plant proteins
- Get more exercise (take the steps, park farther away, walk more)
- Drink water or milk instead of sugary drinks

Focus on Fruits

Fruit provides fiber, potassium, vitamin C, and folic acid.

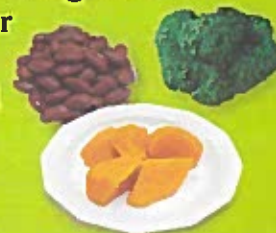
- Keep visual reminders, like a fruit bowl, on the table or counter
- Buy fruits in season for optimum taste and the best price
- Keep a variety on hand — fresh, frozen, canned, dried, and 100% fruit juice
- Make most of your choices whole or cut up for the most fiber
- Include fruit at all meals and for snacks
- Use good food safety and wash all fruits before eating or cutting



Add more Vegetables

Vegetables provide vitamins and minerals and are generally low in calories and high in fiber.

- Vegetables cook quickly in the microwave or by steaming over boiling water
- Choose those rich in color and vary the color
- Add an extra side of vegetables for a nutrient dense, filling side to any meal
- Buy vegetables that are in season for great flavor at a lower cost
- Fresh, frozen, canned — all vegetables count
- Set a goal to try a new vegetable every week



Make half your Grains whole

Grains are foods made from wheat, rice, oats, cornmeal, barley, and other cereal grains.

- Substitute a whole grain product instead of the refined product
- Whole grains are great snacks, like popcorn, little or no butter or salt!
- Cook ahead and freeze to save time, even with oatmeal
- Add whole grains to casseroles and side dishes
- Try brown rice and whole wheat pastas
- Try new grains, like buckwheat, millet, or oat flour
- Check the label for the most fiber



Dairy

Dairy foods provide calcium, vitamin D, potassium, protein, and many nutrients to grow strong bones and teeth.

- Skip the fat with skim or 1% milk
- Read labels to limit the amount of fat and sodium in some cheeses and dairy products
- Use low-fat yogurt to top salads and baked potatoes instead of sour cream and higher fat choices
- Read food labels to be aware of added sugars in sweet dairy treats
- Cream cheese, cream, and butter are not part of the dairy food group because they have little or no calcium and are high in saturated fat



Variety is the key to Protein

Protein foods include animal (meat, poultry, fish, and eggs) and plant (beans, peas, soy, nuts, and seeds) sources.

- Vary your protein choices
- Choose seafood twice a week
- Choose low-fat (lean) meat and poultry
- Limit processed meats with added fat and sodium
- Think smaller portions
- Don't add salt

