ChooseMyPlate.gov

Vary your protein

Whole-grain foods

Grains whole

Make at least half

Milk or 1% milk

Eat foods high in fiber

Eat vegetables

Drinks

Eat fruits

Eat foods high in calcium

Eat foods high in iron

Eat foods high in vitamin A

Eat foods high in vitamin C
Build a Healthy Plate

1. balance calories
   Find out how many calories YOU need for a day as a first step in managing your weight. Go to www.ChooseMyPlate.gov to find your calorie level. Being physically active also helps you balance calories.

2. enjoy your food, but eat less
   Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.

3. avoid oversized portions
   Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

4. foods to eat more often
   Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health — including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.

5. make half your plate fruits and vegetables
   Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

6. switch to fat-free or low-fat (1%) milk
   They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.

7. make half your grains whole grains
   To eat more whole grains, substitute a whole-grain product for a refined product — such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.

8. foods to eat less often
   Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.

9. compare sodium in foods
   Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled "low sodium," "reduced sodium," or "no salt added."

10. drink water instead of sugary drinks
    Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.

www.ChooseMyPlate.gov

Printed and distributed by Learning ZoneXpress • 1-888-455-7003 • www.learningzoneexpress.com