ChooseMyPlate.gov

1. Find out how many calories you need for a day as a first step in managing your weight. Go to www.choosemyplate.gov.
2. Use the Nutrition Facts label to choose foods to eat less often. Foods to eat less often: foods that are a major source of added sugar and saturated fat. Cut back on legumes in so-called "legume skies". Cut back on legumes in so-called "legume skies".
3. Choose a variety of fruits including seafood, beans and peas, nuts.
4. Choose whole grain foods. Whole-grain foods contain more fiber than refined grains. Whole-grain foods contain more fiber than refined grains. Whole-grain foods contain more fiber than refined grains.
5. Choose your protein choices. Choose at least one serving of lean protein. Choose at least one serving of lean protein. Choose at least one serving of lean protein.
6. Make at least half of your plate fruits and vegetables. Choose fresh, frozen, canned or dried fruits and vegetables. Make at least half of your plate fruits and vegetables. Choose fresh, frozen, canned or dried fruits and vegetables. Make at least half of your plate fruits and vegetables. Choose fresh, frozen, canned or dried fruits and vegetables.

Build a Healthy Plate

Great Plate TIPS

- Reduce sodium in foods
- Choose whole grain foods
- Choose fresh, frozen, canned or dried fruits and vegetables
- Drink water instead of sugary drinks

Vary Your Protein Choices

- Choose a variety of foods including seafood, beans and peas, nuts.
- Choose at least one serving of lean protein.
- Choose at least one serving of lean protein.
- Choose at least one serving of lean protein.

Extra Text

- For grilling, broiling, or roasting, these methods do not add
- Keep meat and poultry portions small and lean.
- Keep meats' poultry and eggs.
- Choose a variety of foods including seafood, beans and peas, nuts.
BE PHYSICALLY ACTIVE YOUR WAY

Pick activities that you like and start by doing what you can, at least 10 minutes at a time. Every bit adds up, and the health benefits increase as you spend more time being active.

EAT THE RIGHT AMOUNT OF CALORIES FOR YOU

- Cook more often at home, where you are in control of what’s in your food.
- When eating out, check and compare nutrition information and then choose the lower calorie menu option.
- Enjoy your food, but eat less.
- Take your time and be mindful of what you are eating. Use hunger and fullness cues to recognize when to eat and when you’ve had enough.

FOODS TO EAT LESS OFTEN

CUT BACK ON FOODS HIGH IN SOLID FATS, ADDED SUGARS, AND SALT

- Choose foods and drinks with little or no added sugars.
- Look out for salt (sodium) in foods you buy.
- Eat fewer foods that are high in solid fats.

Eating Well with MyPlate

Build a healthy plate using MyPlate

ChooseMyPlate.gov

Get your personal daily calorie limit at www.ChooseMyPlate.gov and keep that number in mind when deciding what to eat.