

Make half your plate fruits and

vegetables

- » Choose fresh, frozen, canned, or dried fruits and vegetables.
- » Eat red, orange, and dark-green vegetables, such as tomatoes, sweet potatoes, and broccoli, in main and side dishes.
- » Use fruit as snacks, salads, or desserts.
- » Keep raw, cut-up vegetables handy for quick snacks.
- » Choose whole or cut-up fruits more often than fruit juice.

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.

Eat the right amount of calories for you

- Enjoy your food, but eat less.
- Cook more often at home, where you are in control of what's in your food.
- When eating out, choose lower calorie menu options.

Get your personal daily calorie limit at

www.ChooseMyPlate.gov

and keep that number in mind when deciding what to eat.

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.

Vary your protein food choices

- » Choose a variety of foods including seafood, beans and peas, nuts, lean meats, poultry, and eggs.
- » Keep meat and poultry portions small and lean.
- » Try grilling, broiling, poaching, or roasting. These methods do not add extra fat.

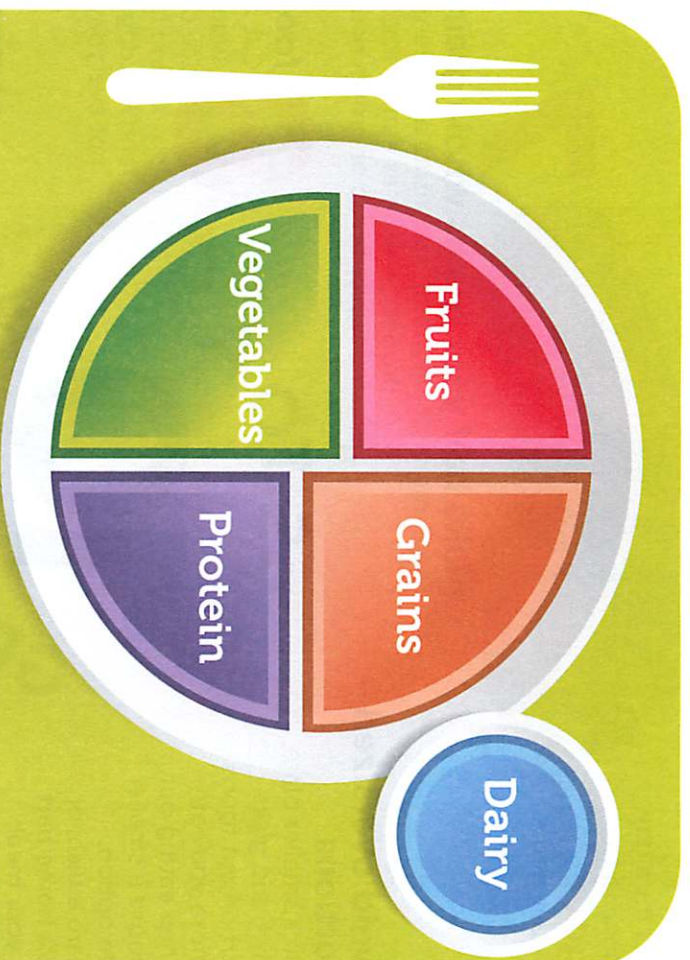
Make at least half your grains whole

- » Choose 100% whole-grain cereals, breads, crackers, rice, and pasta.
- » Check the ingredients list on food packages to find whole-grain foods.

Switch to skim or 1% milk

- » They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.

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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.



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.

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.



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.”



Amount Per Serving		Calories from Fat	% Daily Value
Calories	90		
Total Fat	3g		5%
Saturated Fat	0g		0%
Cholesterol	0mg		0%
Sodium	300mg		13%
Total Carbohydrate	13g		4%
Dietary Fiber	3g		12%
Sugars	3g		
Protein	3g		
Vitamin A	80%	Vitamin C	60%
Calcium	4%	Iron	4%

Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs.

Total Fat	Calories	Total Fat	
Sat. Fat	Less than 2,000	2,000	
Cholesterol	Less than 65g	65g	
Sodium	Less than 20g	20g	
Total Carbohydrate	Less than 300mg	300mg	
Fiber	Less than 30g	30g	
Calories per gram:			
Fat	9	Carbohydrate	4
		Protein	4



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