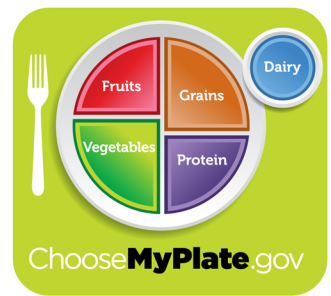


How to Make MyPlate Your Plate



MyPlate can help you make food choices for a healthy lifestyle. Choose steps that work for you and start today.

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. Being physically active helps you balance calories.



enjoy your food, but eat less

Take the time to fully enjoy your food as you eat it. Eat only until you're satisfied, not full.

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.



foods to eat more often make half your plate fruits & vegetables

Choose red, orange, and dark-green vegetables. Have fruit for breakfast, salad, dessert, or snacks. Rinse fruits well before preparing or eating them.

switch to fat-free or low-fat (1% milk)

...for the same amount of calcium and other essential nutrients but with fewer calories and less saturated fat than whole milk.

make half your grains whole grains

Eat 100% whole-wheat bread instead of white bread, or brown rice instead of white rice.



foods to eat less often

Cut back on foods high in solid fats, added sugars, and salt, such as cakes, cookies, ice cream, candy, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.

compare sodium in foods

Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals.

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	20%



drink water instead of sugary drinks

Cut calories by drinking water or unsweetened beverages.

www.ChooseMyPlate.gov



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