

Design Your Own Plate

Make half your plate fruits and vegetables.

Healthy Tip:

Eat a colorful variety of fruits. Choose fresh or frozen fruits most often. For canned, choose fruit canned in light syrup or in "own juices."



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Healthy Tip:

Eat a colorful variety of vegetables. Choose fresh and frozen vegetables most often. For canned vegetables, choose low sodium or rinse regular canned vegetables with water before cooking.



Make at least half your grains whole.

Healthy Tip:

During the day, choose whole grains as much as possible. Read the ingredient label and look for these items: "whole wheat," "brown rice," "bulgur," "buckwheat," "oatmeal," "whole-grain cornmeal," "whole oats," "whole rye," or "wild rice" to be assured you are choosing a whole-grain product.



Switch to fat-free or low-fat (1%) milk.*

Healthy Tip:

If you currently drink or eat whole milk products, slowly switch to lower fat options. If you cannot tolerate milk, choose low fat, low sugar, calcium-fortified options like soy milk.

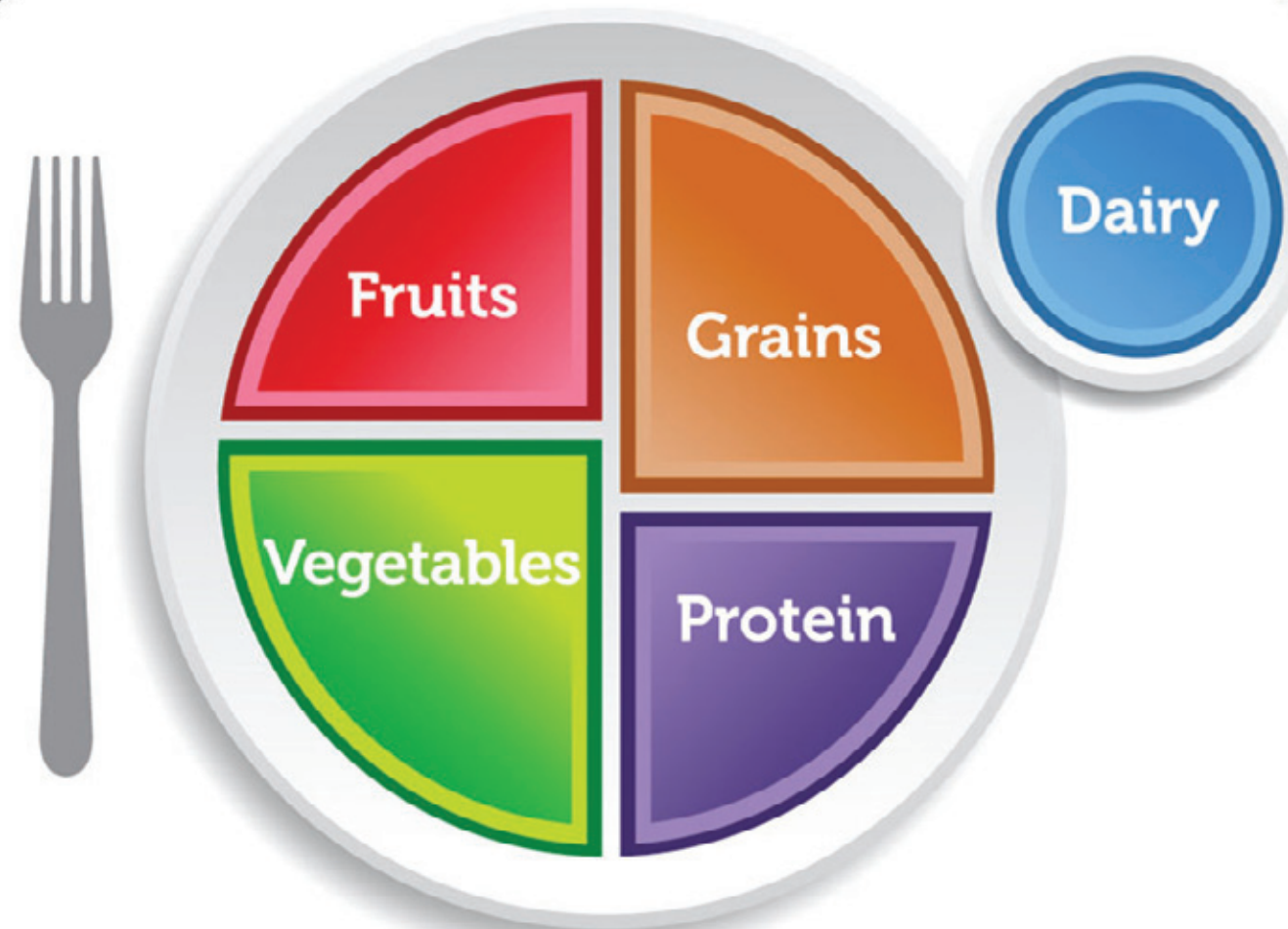


*Whole milk is appropriate for children between 1 and 2 years of age.

Vary your sources of protein.

Healthy Tip:

Choose lean sources of meat and poultry. Twice a week, make seafood the protein on your plate. Eat beans, lentils, tofu, nut butters, and other non-meat sources of protein.



Choose **MyPlate**.gov

To find out how much of each food group you should eat and how many calories you should eat in a day, visit www.choosemyplate.gov and click on "Get a Personalized Plan".

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