



Improving
Nutrition is as
Easy as
Looking at
Your plate

The U.S. Department of Agriculture's MyPlate shows you how to make nutritious food choices to ensure that you are eating in a healthy, well-balanced manner to promote optimal health and manage your weight.

TIPS FOR HEALTHY EATING

- 1. VARY YOUR VEGGIES** – Half of your plate should be made up of vegetables and fruit of different colors and varieties. Choose red, orange and dark-green vegetables such as tomatoes, sweet potatoes and broccoli. Add fruit as a side dish or dessert.
- 2. GO FOR WHOLE GRAINS** – One quarter of your plate should be your grains. Try to make half of your grains whole grain by choosing foods that are labeled “100% whole grain” or “100% whole wheat.” Limit refined grains such as white rice and white bread.
- 3. BE PICKY ABOUT PROTEIN** – One quarter of your plate should be protein. Choose lean or low-fat cuts of meat such as round, tenderloin or sirloin. Choose ground beef that is at least 90% lean or substitute ground turkey breast or low-fat ground chicken for ground beef. Try to eat seafood in place of meat or poultry twice each week.
- 4. DON'T FORGET DAIRY** – Include a cup of fat-free or low-fat dairy with your meal such as low-fat milk, yogurt or cheese.
- 5. AVOID PORTION DISTORTION** – Try using smaller plates, bowls and glasses, or measuring your food before you put it on your plate. When dining out, choose a smaller entrée, share a dish or take home part of your meal.
- 6. BEWARE OF BEVERAGES** – Cut calories by drinking water or unsweetened beverages instead of regular soda, energy drinks and sports drinks.

Reference:
Choosemyplate.gov. U.S. Department of Agriculture. <https://www.choosemyplate.gov/> Accessed 1/10/20

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