



My Food Plate

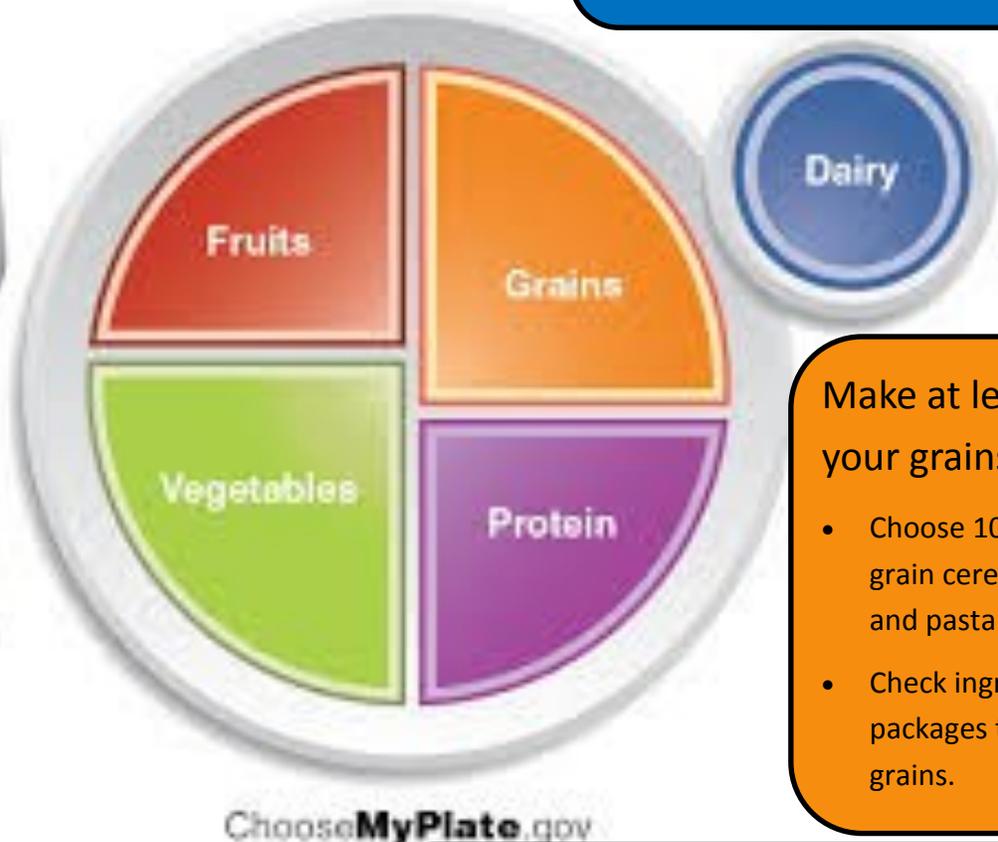
Switch to skim or 1% milk.

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

Make half your plate fruits and vegetables

vegetables

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



Make at least half your grains whole.

- Choose 100% whole grain cereal, bread, rice and pasta.
- Check ingredients list on packages to find whole grains.

Vary your protein choices.

- Choose a variety of foods including seafood, beans and peas, nuts, lean meats, poultry and eggs.
- Keep portions small.
- Try grilling, broiling, poaching or roasting.

- Cut back on foods high in solid fats, added sugars and salt.
- Eat the right amount of calories for your body.
- Get your personal daily calorie limit and recommendations at www.choosemyplate.gov and keep that number in mind when deciding what to eat.



Be physically active your way. Pick activities you like.