



Make your plate a healthy plate!

Balance calories

- Enjoy your food, but pay attention to your body's hunger and fullness cues.
- Avoid oversized portions.

Eat less of these foods

- Compare sodium in foods like soup, bread and frozen meals — and choose the foods with lower numbers.
- Cut back on added sugars by drinking water instead of sugary drinks.

Eat more of these foods

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1 percent) milk.

Be active your way

- Balance healthy eating with regular physical activity.
- Adults should aim for at least 30 minutes of physical activity a day. Kids need at least 60 minutes.