

# BUILD A HEALTHY PLATE

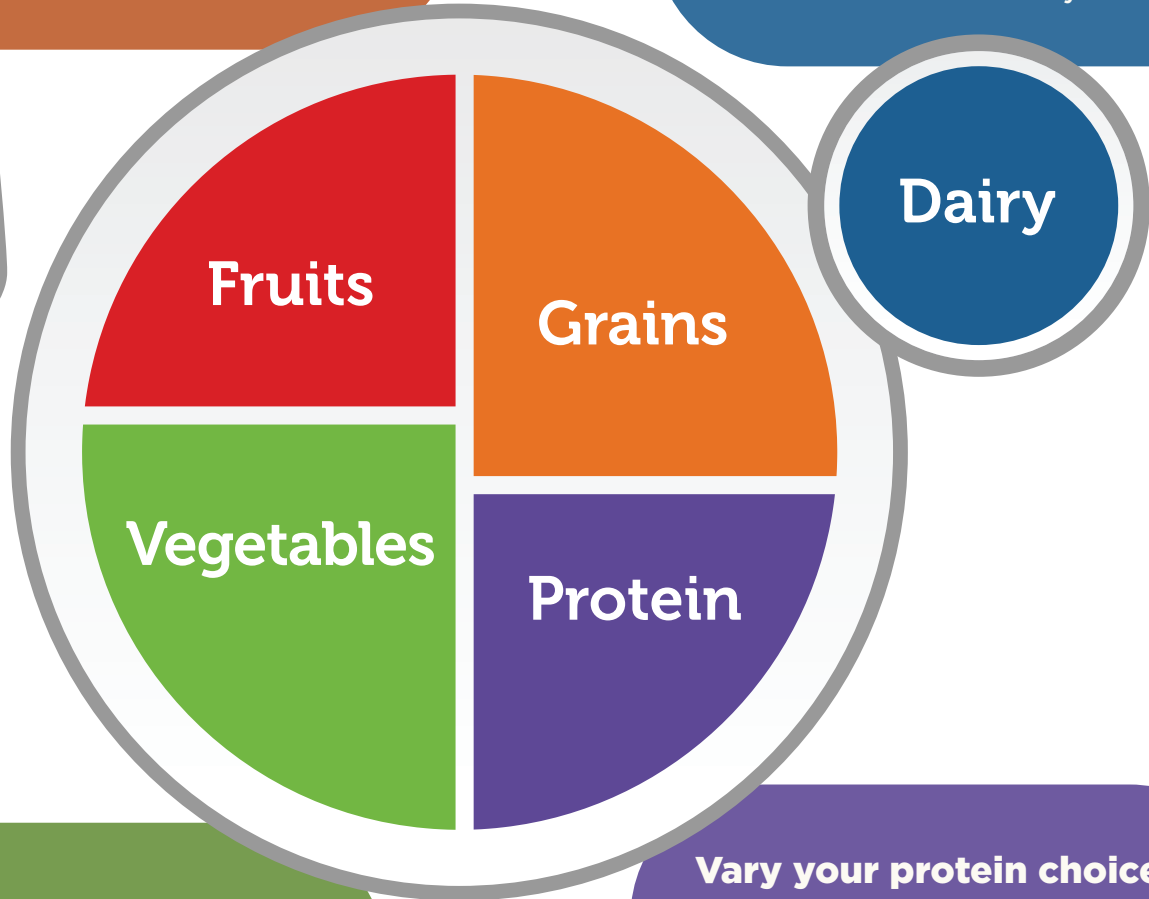
Use these tips to make your plate a healthy plate.

## Make half your grains whole grains.

- Choose foods with 100% whole wheat or 100% whole grains on the label.
- Eat more whole grains, such as brown rice, whole-wheat pasta and popcorn.

## Switch to low-fat and fat-free dairy products.

- They have the same amount of nutrients, but fewer calories and less saturated fat.
- Try soy or lactose-free milk if you have trouble with dairy.



Dairy

## Make half your plate fruits and vegetables.

- Eat fruits and vegetables in a variety of different colors.
- Add fruits to meals as part of a main or side dish or as dessert.

## Vary your protein choices.

- Keep meat and poultry portions small and lean.
- Eat plant protein foods more often — try beans, peas, nuts, seeds.
- Choose seafood twice a week.

## Use food labels to help you make better choices.

Most packaged foods have a Nutrition Facts label and an ingredient list. Use these to help you make smart food choices.

- Check serving sizes and how many servings you actually eat.
- Choose foods with fewer calories and less saturated fat, trans fat, sodium and sugar.
- Read the ingredient list to find whole-grain ingredients and added sugars.

## Sip Smarter.

- Drink water instead of sugary drinks.
- Check the labels on your drinks for added sugar.

## EAT MORE:

- Fruits
- Vegetables
- Whole grains
- Low-fat and fat-free dairy products



## EAT LESS:

- Cut back on foods high in saturated fat, sodium and added sugar.
- Compare sodium in foods and choose foods with lower numbers.
- Limit extra gravies or sauces.
- Use oil instead of solid fat in cooking.
- Choose water, unsweetened tea or milk over sugary beverages.
- Use these foods as occasional treats, not everyday foods.

## Eat the right amount of calories for you.

- Balance your calories with physical activity.
- Enjoy your food, but be mindful of portion sizes.
- Eat slowly and take the time to enjoy your food.
- A smart trick to control portion sizes — use a smaller bowl or plate, and always portion out snacks rather than eating straight from the bag or box.
- Pay attention to hunger and fullness cues — stop eating when you are satisfied, not full.
- Eat at home more often. This makes it easier to eat healthier, and it also saves money!
- Check out the nutrition information for your meal when you do eat out so you can make any informed decision.