



How to Build a Healthy Plate

1 balance calories
Find out how many calories YOU need for a day as a first step in managing your weight. Go to www.ChooseMyPlate.gov to find your calorie level. Being physically active also helps you balance calories.

2 enjoy your food, but eat less
Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during and after meals. Use them to recognize when to eat and when you've had enough.

3 avoid oversized portions
Use a smaller plate, bowl and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish or take home part of your meal.



4 foods to eat more often
Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health - including potassium, calcium, vitamin D and fiber. Make them the basis for meals and snacks.



5 make half your plate fruits and vegetables
Choose red, orange and dark-green vegetables like tomatoes, sweet potatoes and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.



7 make half your grains whole grains
To eat more whole grains, substitute a whole-grain product for a refined product - such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.



6 switch to fat-free or low-fat (1%) milk
They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.



8 foods to eat less often
Cut back on foods high in solid fats, added sugars and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza and fatty meats like ribs, sausages, bacon and hot dogs. Use these foods as occasional treats, not everyday foods.

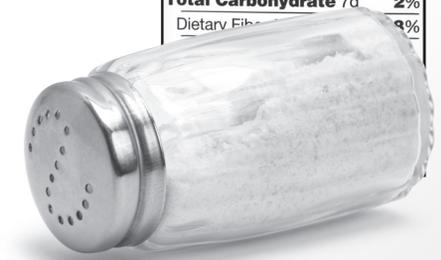


9 compare sodium in foods
Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread and frozen meals. Select canned foods labeled "low sodium," "reduced sodium," or "no salt added."

Nutrition Facts	
Serving Size 1/4 Cup (30g)	
Servings Per Container About 38	
Amount Per Serving	
Calories 200	Calories from Fat 150
% Daily Value*	
Total Fat 17g	26%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 7g	2%
Dietary Fiber 3g	

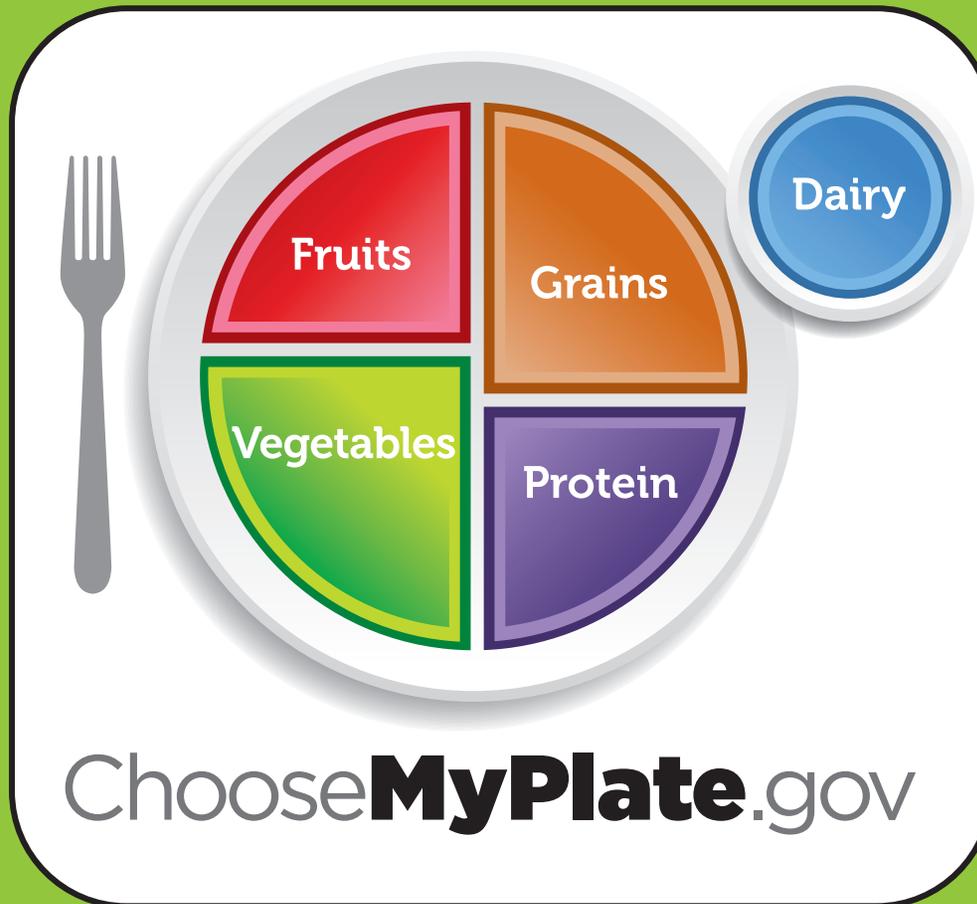


10 drink water instead of sugary drinks
Cut calories by drinking water or unsweetened beverages. Soda, energy drinks and sports drinks are a major source of added sugar, and calories, in American diets.



Make half your plate fruits and vegetables

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



Switch to skim or 1% milk

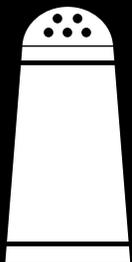
- They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.

Make at least half your grains whole

- Choose 100% whole-grain cereals, breads, crackers, rice and pasta.
- Check the ingredients list on food packages to find whole-grain foods.

Vary your protein choices

- Choose a variety of foods including seafood, beans and peas, nuts, lean meats, poultry and eggs.
- Keep meat and poultry portions small and lean.
- Try grilling, broiling, poaching or roasting. These methods do not add extra fat.



Cut back on foods high in solid fats, added sugars and salt

- Choose foods and drinks with little or no added sugars.
- Look out for salt (sodium) in foods you buy.
- Eat fewer foods that are high in solid fats.

Eat the right amount of Calories for you

- Everyone has a personal calorie limit. Write down what you eat to help keep track.
- When eating out, choose lower calorie menu options.

Get your personal daily calorie limit at

www.ChooseMyPlate.gov

and keep that number in mind when deciding what to eat.



Be physically active your way

Pick activities that you like and start doing what you can, at least 10 mins at a time. Every bit adds up and the health benefits increase as you spend more time being active.