

Build a Healthy Plate at Each Meal



Choose foods and drinks with little or no added sugars.

Cut back on solid fats, sugar & salt.

Eat the right amount of calories for you.

Cook more often at home, where you are in control of what's in your food.

Be physically active daily.

At least 10 minutes at a time, throughout the day.

Make half your plate fruit and vegetables.

Choose whole or cut-up fruits more often than fruit juices.

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Keep raw, cut-up vegetables handy for quick snacks.

Switch to skim or 1% milk.

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.

Vary your protein food choices.

Choose a variety of foods including seafood, beans, and peas, nuts, lean meats, poultry, and eggs.



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