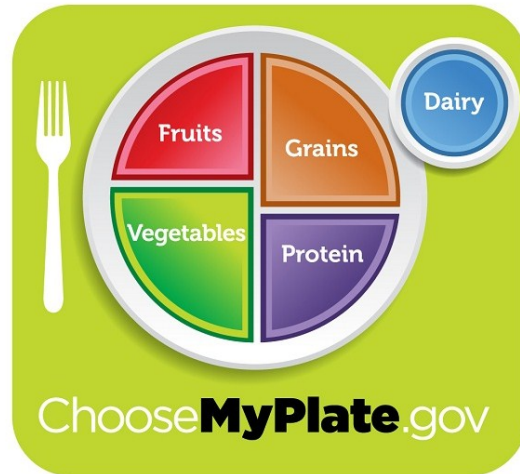


MY PLATE



The USDA has replaced the “Food Pyramid” with a new more easily understood nutritional plate.

10 TIPS FOR A GREAT PLATE

- BALANCE CALORIES**
The first step in My Plate is to find out how many calories you need a day. Go to www.ChooseMyPlate.gov to find your calorie level.
- ENJOY YOUR FOOD, BUT EAT LESS**
Take time to fully enjoy your food when you eat. Eating too fast or when your attention is elsewhere may lead to eating too many calories.
- AVOID OVERSIZED PORTIONS**
Use a smaller plate, bowl and glass. Portion out foods before you eat. When eating out, choose a smaller size option or share a dish.
- 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.

5. **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.

6. **EAT MORE WHOLE-GRAINS**

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

7. **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, sausage, bacon and hot dogs. Use these foods as occasional treats, not everyday foods.

8. **COMPARE SODIUM IN FOODS**

Choose lower sodium versions of foods like soup, bread and frozen meals.

9. **DRINK WATER INSTEAD OF SUGARY DRINKS**

Soda, energy drinks and sports drinks are a major source of added sugar and calories.

10. **MAKE HALF YOUR PLATE FRUIT 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 dessert.



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