BUILD A HEALTHY PLATE

Fruits and vegetables

- Fill half your plate with fruits and vegetables.
- Brighten your plate with color go for variety.
- Fruit doesn't have to go on your plate. It can be a great after-dinner dessert!

Fruits

Grains

Dairy

Dairy

- Choose low-fat options when possible.
- Watch out for added sugars in flavored milks and yogurts.
- Try lactose-free or soy milk as an alternative if you have trouble with dairy.
- Choose water, unsweetened tea or low-fat milk over sugary drinks.

Vegetables

Protein

Grains

- Make at least half your grains whole.
- Keep portion sizes to ¼ of your plate.

Choose foods and beverages with less added sugars, saturated fat and sodium. Limit:

- Added sugars to <50 grams a day
- Saturated fat to <22 grams a day
- Sodium to <2,300 milligrams a day

Snacks are important too! Try to include at least two food groups when you have a snack.

Protein Foods

- Vary your protein choices.
- Choose fish or seafood twice a week.
- Keep meat portions small and lean.
- Don't forget plant foods like beans, peas, soy, nuts and seeds!



Funded in part by USDA SNAP.
For more information, call MU Extension's Show Me Nutrition line at **1-888-515-0016**.
Need help stretching your food dollars?
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