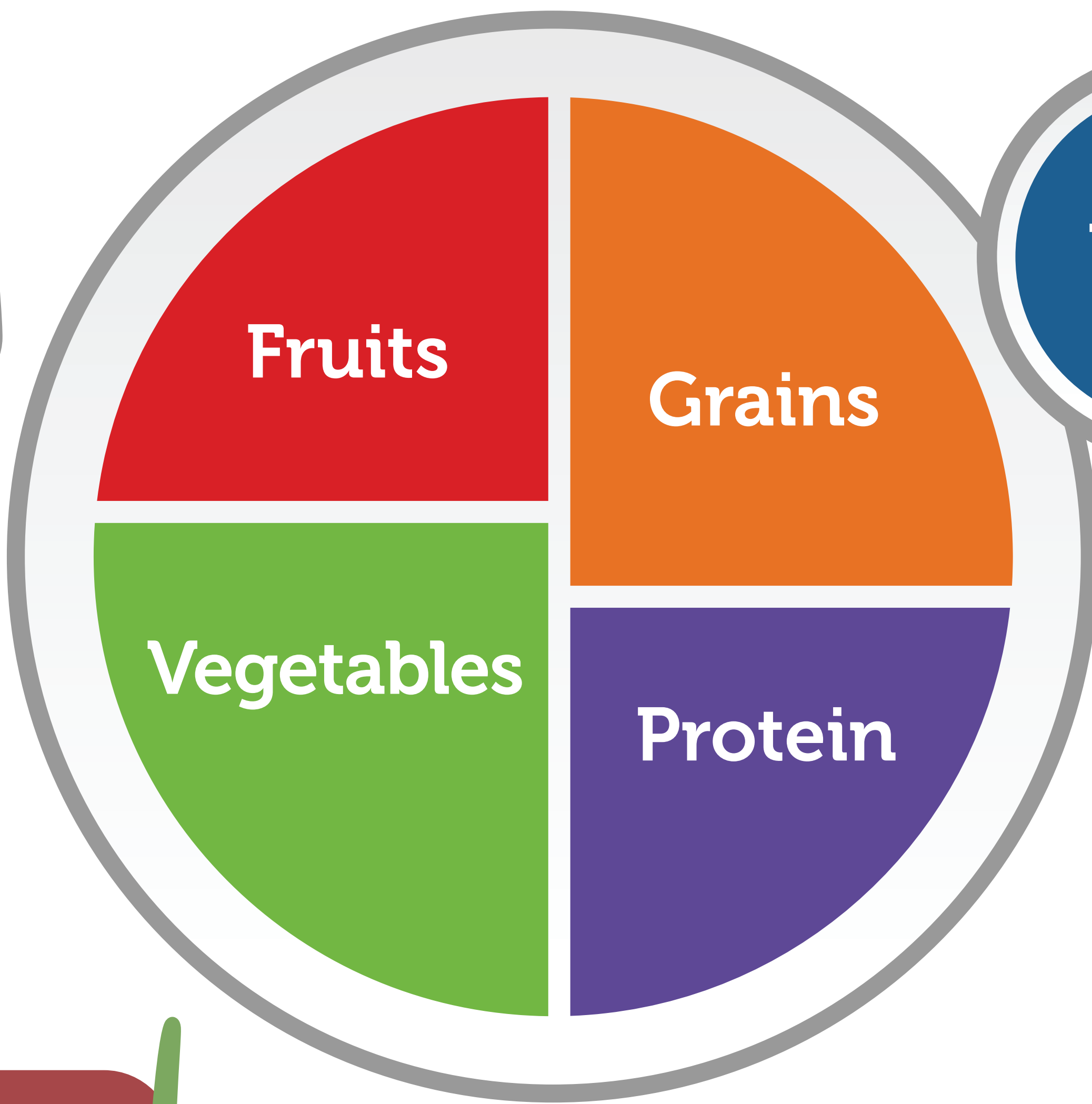
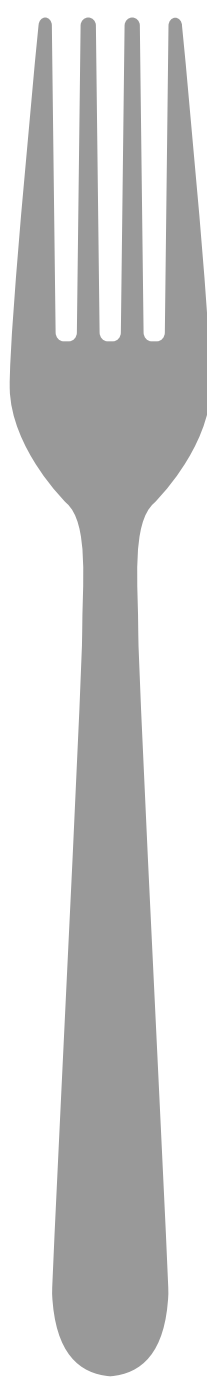


BUILD A HEALTHY PLATE



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!



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.

Grains


- Make at least half your grains whole.
- Keep portion sizes to 1/4 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!