

This
Weeks
Theme

Build a healthy plate



eat right. Academy of Nutrition and Dietetics

Customize
your own plate
to meet your
personal needs
at [MyPlate.gov](https://www.MyPlate.gov)



Use your camera on your mobile device
to quickly scan this QR code.

Mindful eating is essential to meeting health goals.
It puts the power back into your hands, allowing you to
find a balance between eating nutritiously
and occasionally indulging.

Balance your plate:

Focus on whole fruits

they are packed with vitamins,
minerals and fiber.

Vary your vegetables

remember to eat veggies from the dark green,
red/orange and bean/lentils subgroups.

Make half your grains whole grains

brown rice, quinoa, oatmeal, bread
(first ingredient must state whole-wheat flour).

Eat a variety of lean protein

fish, shellfish, beans, meat, poultry, eggs, nuts.

**Move to low-fat dairy
or fortified soy alternatives.**

85/15 rule:

Eat nutritiously 85% of the time
and treat yourself the
other 15% of the time.

Next Week: Smart Snacking

Question of the week:

What resource
was suggested to
help you develop a
personalized plan to
either improve
or maintain health?

Answer: [MyPlate.gov](https://www.MyPlate.gov)
*MyPlate has many tools to help you figure out how
to improve and meet your health goals.*

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