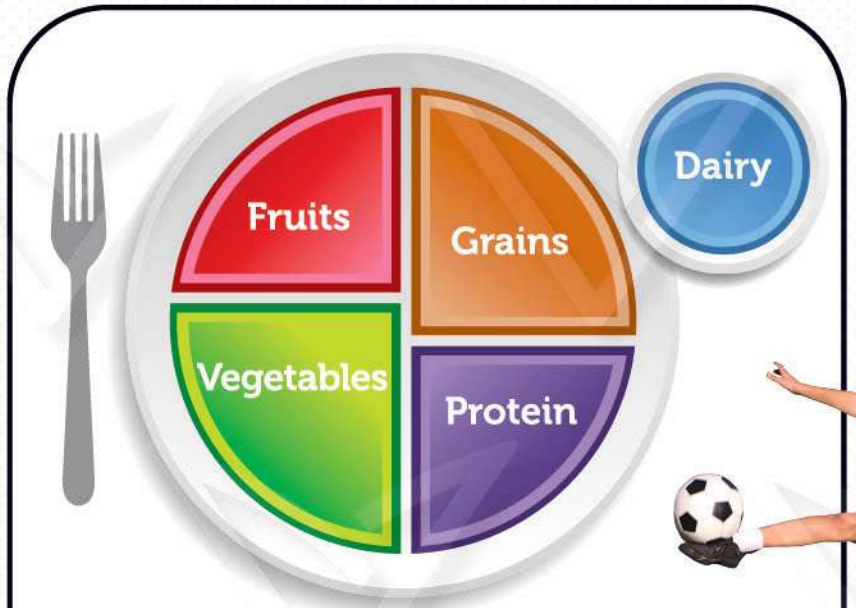


ChooseMyPlate.gov





get your personal daily calorie goal

at **www.ChooseMyPlate.gov** and keep that calorie total in mind when deciding what to eat.

eat the right amount of calories for you

- Cook more often at home where you are in control of what's in your food.
- Enjoy your food but eat less.
- When eating out choose lower-calorie menu options.





be physically active your way

- Pick activities that you like and start by doing what you can, at least 10 minutes at a time. Every bit adds up and the health benefits multiply as you spend more time being active.

cut back

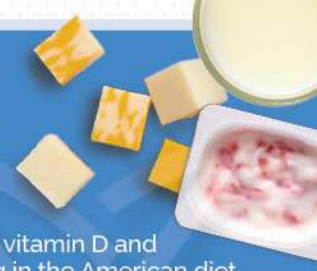
on foods high in solid fats, added sugars and salt

- Look out for salt (sodium) in foods you buy.
- Choose foods and drinks with little or no added sugars.
- Eat fewer foods that are high in solid fats, such as lard or hydrogenated oils.

dairy

Add **dairy** to your plate

- 2 to 3 servings of dairy can help build stronger bones and healthy bodies.
- Milk is the number one source of calcium, vitamin D and potassium – 3 nutrients frequently lacking in the American diet.



fruits

Make half your plate **fruits** and vegetables

- Use fruit for snacks, salads or desserts.
- Choose whole or cut-up fruits more often than fruit juice.
- Choose fresh, frozen, canned or dried fruits.



vegetables

Choose bright-colored **veggies**

- Eat red, orange, and dark-green vegetables, such as tomatoes, sweet potatoes and broccoli, in main and side dishes.
- Keep raw, cut-up vegetables handy for quick snacks.
- Choose fresh, frozen or canned vegetables.



grains

Make half your **grains** whole

- Choose 100% whole-grain cereals, breads, crackers, rice and pasta.
- Whole grains include oatmeal, brown rice, popcorn, whole wheat bread, tortillas and pasta.



protein

Try a variety of **protein** food choices

- Choose a variety of foods including seafood, beans and peas, nuts, lean meats, poultry and eggs.
- Keep meat and poultry portions small and lean.
- Try grilling, broiling, poaching or roasting. These methods do not add extra fat.



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