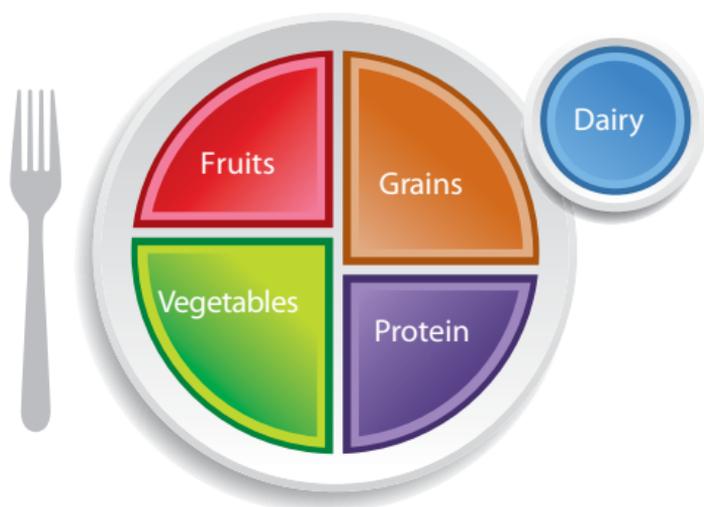


Planning a meal and eating healthy just got easier.



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Before you begin a meal, think about what and how much goes on your plate or in your cup or bowl.

Balance Your Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

Foods to Increase

- Make half your plate fruits and vegetables.
- Make at least half your grains whole.
- Switch to 1% milk and/or skim milk.

Foods to Reduce

- Compare sodium in foods like soup, bread and frozen meals, choose foods with lower numbers.
- Drink water instead of sugary drinks.



healthy meal tips



A healthy meal starts with more vegetables and fruits and smaller portions of protein and grains.

- **Be ahead of the game.** Cut up batches of bell peppers (green, yellow, red, orange), carrots or broccoli. Pre-package vegetables to put in salads, soups, with low fat dip, or in a veggie wrap.
- **Have an egg.** One egg a day, on average does not increase risk for heart disease, so make eggs a part of your menu. Since the egg yolk contains cholesterol and saturated fat, have as many egg whites as you want.
- **Change-up dairy ingredients.** When recipes such as dips call for sour cream, substitute plain yogurt. Use fat-free evaporated milk instead of cream, and try ricotta cheese in place of cream cheese. Drink skim or 1% milk—they taste great in smoothies and oatmeal.
- **Check the label for fiber.** Use the Nutrition Facts label to check the fiber content of whole-grain foods. Good sources of fiber contain 10% to 19% of the Daily Value, and excellent sources have at least 20%.
- **Watch portion sizes.**
A cup of dairy = 1 cup milk or yogurt; 1.5 oz of natural cheese; 2 oz processed cheese
An ounce of protein = 1 oz lean meat, poultry or seafood; 1 egg; 1/4 cup beans or peas; 1/2 oz nuts or seeds; 1 tablespoon peanut butter