

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.

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.

Choose



MyPlate

1 Balance calories

Find out how many calories YOU need for a day as a first step in managing your weight.

Go to www.ChooseMyPlate.gov to find your calorie level. Being physically active also helps you balance calories.

2 Foods to eat more often

Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for good health — including potassium, calcium, vitamin D and fiber. Make them the basis for meals and snacks.



3 Aim for 2 to 3 servings of dairy

Dairy every day is an easy addition to help build healthy eating styles. Low-fat and fat-free dairy foods are linked to a reduced risk of certain chronic diseases, including heart disease and diabetes.



4 Foods to eat less often

Cut back on foods high in solid fats, added sugars and salt. Make foods such as cakes, cookies, ice cream, candy, sweetened drinks, pizza and fatty meats like ribs, sausage, bacon and hot dogs an occasional treat instead of everyday foods.



5 Compare sodium in foods

Use the Nutrition Facts label to choose lower-sodium versions of foods like soup, bread and frozen meals. Select canned foods labeled "low sodium," "reduced sodium" or "no salt added."



6 Enjoy your food, but eat less

Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during and after meals. Use them to recognize when to eat and when you've had enough.



7 Avoid oversized portions

Use a smaller plate, bowl and glass. Portion out foods before you eat. When eating out, choose a smaller-size option, share a dish or take home part of your meal.

8 Make half your plate fruits and vegetables

Choose red, orange and dark green vegetables like tomatoes, sweet potatoes and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.



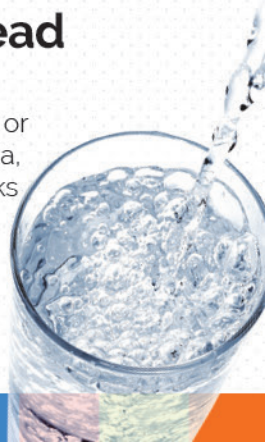
9 Make half your grains whole grains

To eat more whole grains, substitute a whole-grain product for a refined product — such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.



10 Drink water instead of sugary drinks

Cut calories by drinking water or unsweetened beverages. Soda, energy drinks and sports drinks are a major source of added sugar and calories in American diets.



A Division of Florida Dairy Farmers

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