

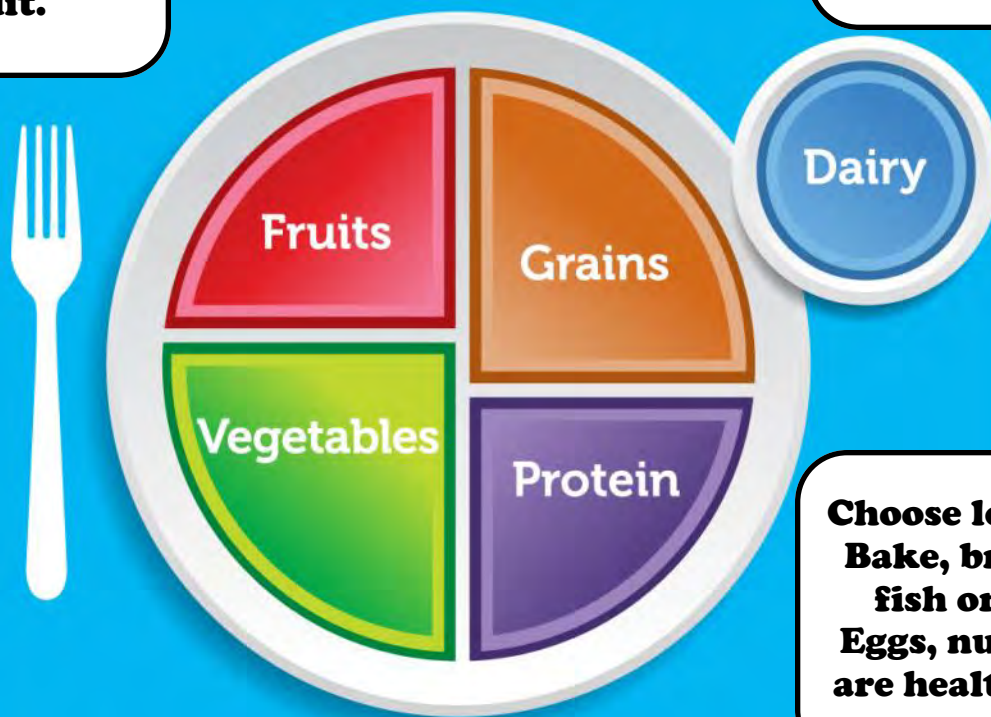
Make MyPlate Your Plate

- **MyPlate reminds you to include foods from all 5 food groups at dinner.**
- **Use a smaller plate, bowl or glass to eat a healthy amount of food.**
- **Limit foods high in fat, added sugars and salt.**

**Add color to your plate!
Make half of your plate vegetables and fruit.**

Make half of your grains whole grains. Try whole wheat bread, brown rice or whole grain cereal.

Fat-free or low fat milk with dinner will help keep your bones and teeth strong.



Choose lean protein. Bake, broil or grill fish or poultry. Eggs, nuts & beans are healthy choices.

Choose **MyPlate.gov**



Be physically active at least 30 to 60 minutes every day!