



Make Your Plate a Healthy Plate!

Balance calories

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

Eat less of these foods

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

Eat more of these foods

- * Make half your plate fruits and vegetables.
- * Make at least half your grains whole grains.
- * Switch to fat-free or low-fat (1 percent) milk.

Be active your way

- * Balance healthy eating with regular physical activity.