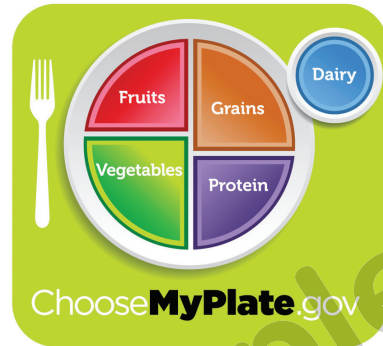


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steps to a healthy plate

Follow these steps to create healthy meals that you and your family will enjoy.



1. Make half your plate fruits and vegetables.

- Include fruits and vegetables in a variety of ways on your plate - mixed into dishes, added to sandwiches or tacos, as a side dish, a small garnish on your plate and/or eaten at the end of the meal.
- Eat a variety of colorful fruits and vegetables.

2. Make at least half your grains whole grains.

- Read the label and choose 100% whole grain breads, tortillas, cereals, rice and pasta.

3. Switch to fat-free (skim) or low-fat (1%) milk.

- Choose fat-free or low-fat milk for adults and children over the age of 2 years.
- Drink a glass of milk or enjoy yogurt at meals.

4. Eat a variety of protein foods.

- Eat lean meat and poultry. Use cooked dry beans and peas in a variety of dishes.
- Prepare meals with seafood at least twice a week.

Take time to enjoy your food!



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start today to take small steps toward a healthier tomorrow

Balance your Calories

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

Foods to Increase

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

Foods to Decrease

- Compare sodium in foods like soup, bread, and boxed, canned and frozen foods - choose the foods lower in sodium.
- Drink water instead of sugary drinks.
- Eat fewer foods that are high in solid fats and added sugars.

Be Active your Way

- Find activities that you like to do - riding a bike, playing soccer, swimming, dancing, playing with a ball, hide and seek, walking in town, parks or nature trails.
- Be active with your children - if you are having fun being active, they will want to play too!

Create Family Mealtimes

- Offer 3 meals at about the same times each day.
- Avoid grazing or snacking on food throughout the day.
- Think before you eat - don't grab food if you feel stressed, bored or upset. Find other ways to deal with feelings - go for a walk, have some quiet time, talk with friends and family.

Small steps can help promote good health, and reduce the risk of chronic diseases, overweight and obesity for you and your family.



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