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, rice and pasta.
   - Include whole grains in your diet - choose whole grain breads, cereals, rice and pasta.

3. Switch to fat-free (skim) or low fat (1%) milk.
   - Choose fat-free or low fat milk and yogurt for adults and children over the age of 2 years.
   - Drink a glass of milk or enjoy yogurt at mealtimes.

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!