

start today
to take **small steps**
toward a healthier
tomorrow

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 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!



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our Calories
ds, but eat less.
d portions.

crease

r plate fruits and vegetables.
half your grains whole grains.
ree (skim) or low fat (1%) milk.

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um in foods like soup, bread,
d, canned and frozen foods -
e foods lower in sodium.
stead of sugary drinks,
s that are high in solid fats
d sugars.

our Way

that you like to do - riding a bike,
occer, swimming, dancing,
th a ball, hide and seek,
town, parks or nature trails.
your children - if you are having
active, they will want to play too!

ly Mealtimes

at about the same times each day.
or snacking on food throughout

ou eat - don't grab food if
stressed, bored or upset.
er ways to deal with feelings -
walk, have some quiet time,
friends and family.

in help
health,
risk
ases,
obesity
family.



Additional nutrition information
is obtained from your health care provider. FN420