



10 Tips to a Great Plate



➤ MAKING FOOD CHOICES FOR A HEALTHY LIFESTYLE CAN BE AS SIMPLE AS USING THESE 10 TIPS. USE THE IDEAS IN THIS LIST TO BALANCE YOUR CALORIES AND DECIDE WHICH FOODS TO EAT MORE OFTEN AND LESS OFTEN.

1 Balance calories.

Find out how many calories you need a day as the first step in managing your weight. Go to www.choosemyplate.gov to find your calorie level. Being physically active also helps you balance calories.

2 Enjoy your food, but eat less.

Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during and after meals. Use them to recognize when to eat and when you've had enough.

3 Avoid oversized portions.

Use a smaller plate, bowl and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish or take home part of your meal.

4 Foods to eat more often.

Eat more vegetables, fruits, whole grains such as brown rice, and fat-free or 1 percent milk and dairy products. These foods have the nutrients you need for health – including potassium, calcium, vitamin D and fiber. Make them the basis for meals and snacks.

5 Make half your plate fruits and vegetables.

Choose red, orange and dark-green vegetables such as tomatoes, sweet potatoes and broccoli along with other vegetables for your meal. Add fruit to meals as part of the main or side dishes or dessert.

6 Switch to fat-free or 1 percent milk.

They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.

7 Make half your grains whole grains.

To eat more whole grains, substitute a whole-grain product for a refined product – such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.

8 Foods to eat less often.

Cut back on foods high in solid fats, added sugars and salt. They include cakes, cookies, ice cream, candies, bacon and hot dogs. Use these foods as occasional treats, not everyday foods.

9 Compare sodium in foods.

Use the Nutrition Facts label to choose lower-sodium versions of foods such as soup, bread and frozen meals. Select canned foods labeled “low sodium,” “reduced sodium” or “no salt added.”

10 Drink water instead of sugary drinks.

Cut calories by drinking water or unsweetened beverages. Soda, energy drinks and sports drinks are a major source of added sugar and calories in American diets.

GO TO
www.choosemyplate.gov
for more information.

