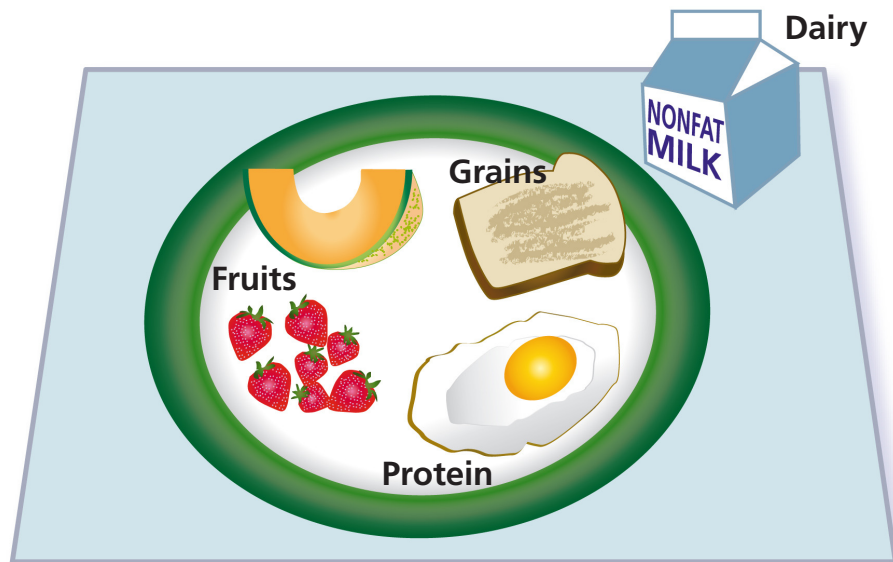
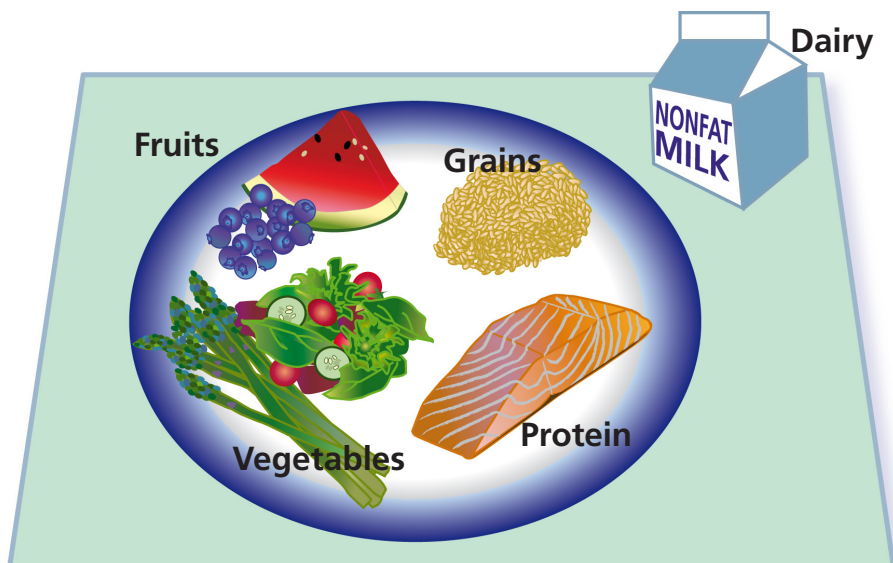


A Healthy Plate

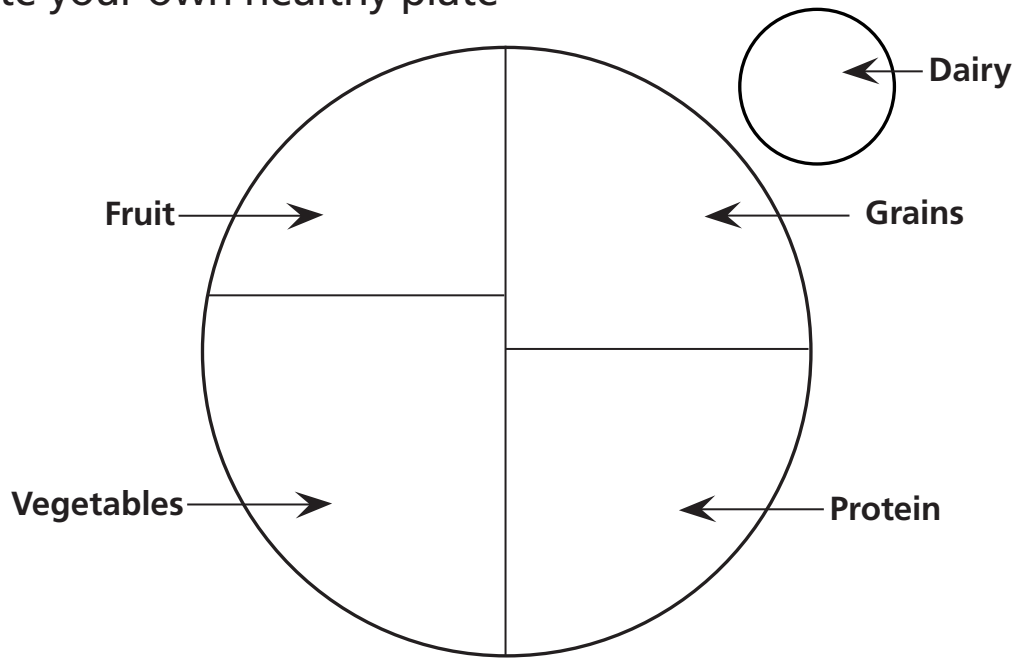
Sample Breakfast



Sample Lunch or Dinner



Create your own healthy plate



My choice is

| | |
|---|--|
| Get calcium from non-fat or low-fat dairy, such as milk or a serving of light yogurt, or from calcium fortified soy milk. | |
| Add a serving of fruit at mealtime or for a healthy snack. | |
| Fill the left $\frac{1}{2}$ of your plate with fresh and cooked fruits and non-starchy vegetables . | |
| Pick a protein such as lean meat, fish, or poultry for $\frac{1}{4}$ of your plate. | |
| Your choice of bread, pasta or a starchy vegetable (such as potatoes) will round out the other $\frac{1}{4}$ of your plate. Half the grains you eat throughout the day should be whole grains. | |

Balance calories

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

Other actions to take

- Lower salt and sodium intake. Compare sodium in foods like soup, bread, and frozen meals—and choose the foods with lower numbers.
- Drink water instead of sugary drinks.
- Switch to fat-free or low-fat (1%) milk.