Fruits

Grains

Incorporating MyPlate into Your Daily Food Plan

Everything you eat and drink matters. The right mix can help you become healthier now and in the future. This means:

- Focus on variety, amount, and nutrition.
- Choose foods and beverages with less saturated fat, sodium, and added sugars.
- Start with small changes to build healthier eating styles.
- Support healthy eating for everyone.

TIPS THAT CAN BE INCORPORATED INTO YOUR DAILY LIFE

Make half your plate fruits & vegetables: Focus on whole fruits

- Choose a variety of colors.
- Choose fresh, frozen, dried, or canned in 100% juice.
- Enjoy fruit with meals, as snack or dessert

Make half your plate fruits &

vegetables: Vary your veggies

- Try adding fresh, frozen, or canned vegetables to salads, sides, and main dishes.
- Choose a variety of colorful veggies prepared in healthful ways such as steamed, sautéed, roasted, or raw.

Make at least half your grains whole grains

- Replace refined grains with whole grains.
- Read labels and look for whole grains listed first or second on the ingredient list.
- Limit your grain deserts like cakes and cookies and replace with whole grain like plain popcorn and whole grain pretzels.

Vary your protein

- Choose different types of protein to include lean meats, beans, eggs, unsalted nuts and seeds and soy products.

- Make main dishes using beans and seafood.

Move to low-fat or fat-free milk or yogurt

- Switch to skim, 1% milk, or fat free milk.
- Choose low fat or reduced fat dairy products when available.
- Check labels for the amount of sodium and fat in dairy products.
- Replace sour cream, cream, and regular cheese with low fat yogurt, milk and cheese.

Limit

- Eat and drink less sodium, saturated fat and added sugars.
- Choose vegetable oil instead of butter, and oil-based sauces and dips instead of ones with butter, cream, cheese.
- Drink water instead of sugary drinks.