

Eat your Way to a Healthier You

MyPlate is a helpful tool to illustrate the 5 food groups that make up a healthy and balanced diet. Before you eat, think about what goes on your plate, in your bowl, or in your cup. Check out the tips below to start making small, healthy food choices you can enjoy.

- Mix up your protein routine to include beans, nuts, eggs and lean meats
- Make half of your plate fruits and vegetables
- Focus on whole fruits like fresh, frozen, or canned in 100% juice
- Vary your vegetables – try them steamed, sautéed, roasted or raw
- Make half of your grains whole grains like oatmeal, brown rice, or whole-grain bread
- Move to low-fat or fat-free milk, yogurt, and cheese
- Eat and drink less sodium, saturated fat, and added sugars – use the nutrition facts label to help you

