



Choose foods that give a lot of nutrients for the calories they contain.

- **Fill half of your plate with fruits and vegetables.** Nature's foods pack a powerhouse of vitamins, minerals, antioxidants, and fiber for good health and chronic disease prevention.
- **Choose whole-grain breads, cereals, and pastas.** Fiber in these foods aids in digestion and relieves constipation.
- **Go lean with protein and fat-free or low-fat with dairy.** Limit total and saturated fats and cholesterol, but still get protein, minerals, and vitamins, such as calcium and vitamin D. This includes plant proteins, like beans, lentils, tofu, nuts, seeds, and plant-based dairy milk and yogurt.

## Focus on nutrient-dense foods.