

An **EASY** Guide for Healthy Eating

GET YOUR PLATE AND BODY IN SHAPE

At the website www.ChooseMyPlate.gov, the dinner plate (and glass) graphic is an easy way to know the right portions of fruit, vegetable, grain, protein, and dairy food groups to eat at meals. But the website offers so much more.

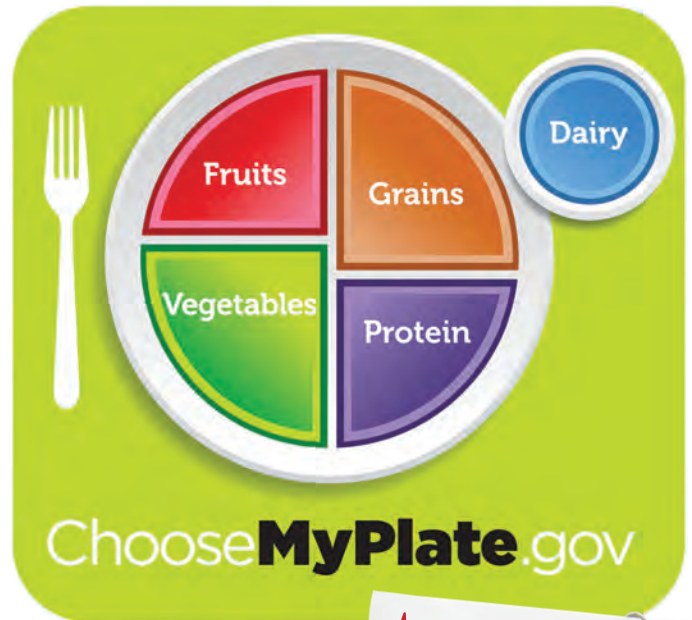
INTERACTION HELPS YOU GET AND STAY ON TRACK

ChooseMyPlate.gov has tools and resources to help you make healthy food and physical activity choices that meet your specific needs. Click on "SuperTracker." Then click on "Create Your Profile."

Use this tool to:

- Get a custom eating and physical activity plan to meet your needs.
- Track what you eat and drink and your physical activity progress.
- Get guidance to help you manage your weight.

The site also helps you personalize menus and provides quick access to calorie and nutrient comparisons of foods using My Food-A-Pedia. You can also download useful brochures and get White House recipes and Food Group recipes for healthy dishes like Rise and Shine Breakfast Cobbler and Caribbean Casserole.



Action Step

When buying packaged foods,
read the Nutrition Facts labels.
Compare serving sizes and
calories. Read the ingredients.

TIPS TO BUILD A HEALTHY PLATE

- Make half your plate fruits and vegetables. Choose ones of different colors to get a variety of nutrients.
- Drink skim or 1% milk.
- Make at least half your grains whole, such as brown rice and 100% whole wheat bread.
- Vary your protein food choices, such as lean beef, chicken, turkey, fish, beans and tofu.
- Avoid foods that have *trans* fats.
- Choose foods with little or no added sugars.