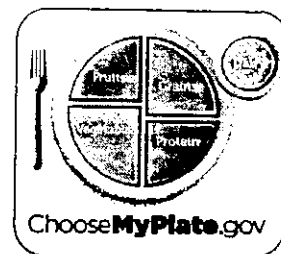


10
tips
Nutrition
Education Series

choose MyPlate

10 tips to a great plate



Making food choices for a healthy lifestyle can be as simple as using these 10 Tips:
Use the ideas in this list to *balance your calories*, to choose foods to *eat more often*, and to cut back on foods to *eat less often*.

1 balance calories

6 switch to fat-free or low-fat (1%) milk



2 enjoy your food, but eat less



7 make half your grains whole grains

3 avoid oversized portions

8 foods to eat less often

4 foods to eat more often

9 compare sodium in foods



5 make half your plate fruits and vegetables



10 drink water instead of sugary drinks