

CHOOSE MYPLATE FOR

Healthier Eating



Follow these tips to help you...

Build a healthy plate

- Make half your plate fruits and vegetables. Eat red, orange, and dark-green vegetables.
- Switch to skim or 1% milk, they have the same amount of calcium as whole milk with fewer calories and fat.
- Make at least half your grains whole. Choose 100% whole grain cereals, breads, and pastas.
- Vary your protein food choices. Choose seafood twice a week and eat beans for protein and fiber.

Cut back on foods high in solid fats, added sugars, and salt

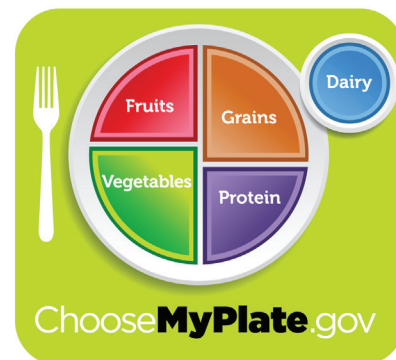
- Choose foods and drinks with little or no added sugars.
- Reduce daily sodium intake to less than 2,300 milligrams (mg).
- Eat fewer foods that are high in solid fats. Pizza, cheese, hot dogs, and cakes are higher in saturated fat. Choose lean meats and use oils for cooking.

Eat the right amount of calories for you

- Enjoy your food, but eat less.
- Cook more often at home, where you are in control of what's in your food.
- When eating out, choose lower calorie menu options.
- Write down what you eat to keep track of how much you eat.

Be physically active your own way

Pick activities that you like and start by doing what you can, at least 10 minutes at a time. Every bit adds up, and the health benefits increase as you spend more time being active.



For more information, visit
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AVOID

Portion Distortion



20 Years Ago

Today

Calorie Difference

Activity to Burn Extra Calories*

*Based on a 160-pound person



333 calories



590 calories

+ 257

more calories



Ride a bike for 45 mins



500 calories



850 calories

+ 350

more calories



Play golf while walking and carrying clubs for 1 hour



85 calories



250 calories

+ 165

more calories



Work in the garden 35 mins



270 calories



630 calories

+ 360

more calories



Do water aerobics for 1 hour and 15 mins

References: USDA Publication number: Home and Garden Bulletin No. 232-CP HHS Publication number: HHS-ODPHP-2010-01-DGA-B June 2011
 National Heart, Lung, and Blood Institute, NIH, <https://www.nhlbi.nih.gov/health/educational/wecan/eat-right/portion-distortion.htm>
 U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015 - 2020 Dietary Guidelines for Americans. 8th Edition. December 2015. Available at <http://health.gov/dietaryguidelines/2015/guidelines/>

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