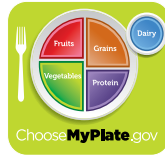




10 tips
Nutrition
Education Series



MyPlate
MyWins

Based on the
**Dietary
Guidelines
for Americans**

Choose MyPlate

Use MyPlate to build your healthy eating style and maintain it for a lifetime. Choose foods and beverages from each MyPlate food group. Make sure your choices are limited in sodium, saturated fat, and added sugars. Start with small changes to make healthier choices you can enjoy.

1 Find your healthy eating style
Creating a healthy style means regularly eating a variety of foods to get the nutrients and calories you need. MyPlate's tips help you create your own healthy eating solutions—"MyWins."

2 Make half your plate fruits and vegetables
Eating colorful fruits and vegetables is important because they provide vitamins and minerals and most are low in calories.

3 Focus on whole fruits
Choose whole fruits—fresh, frozen, dried, or canned in 100% juice. Enjoy fruit with meals, as snacks, or as a dessert.



4 Vary your veggies
Try adding fresh, frozen, or canned vegetables to salads, sides, and main dishes. Choose a variety of colorful vegetables prepared in healthful ways: steamed, sauteed, roasted, or raw.



5 Make half your grains whole grains
Look for whole grains listed first or second on the ingredients list—try oatmeal, popcorn, whole-grain bread, and brown rice. Limit grain-based desserts and snacks, such as cakes, cookies, and pastries.



6 Move to low-fat or fat-free milk or yogurt
Choose low-fat or fat-free milk, yogurt, and soy beverages (soymilk) to cut back on saturated fat. Replace sour cream, cream, and regular cheese with low-fat yogurt, milk, and cheese.



7 Vary your protein routine
Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry. Try main dishes made with beans or seafood like tuna salad or bean chili.



8 Drink and eat beverages and food with less sodium, saturated fat, and added sugars
Use the Nutrition Facts label and ingredients list to limit items high in sodium, saturated fat, and added sugars. Choose vegetable oils instead of butter, and oil-based sauces and dips instead of ones with butter, cream, or cheese.



9 Drink water instead of sugary drinks
Water is calorie-free. Non-diet soda, energy or sports drinks, and other sugar-sweetened drinks contain a lot of calories from added sugars and have few nutrients.

10 Everything you eat and drink matters
The right mix of foods can help you be healthier now and into the future. Turn small changes into your "MyPlate, MyWins."

EAT HEALTHY YOUR WAY

All the flavor—with healthy fats, less salt, and less sugar! Check off the tips you will try.

Pick Healthy Fats and Still Keep the Flavor	
Instead of ...	✓ I will ...
Frying in butter, stick margarine, lard, or shortenings	<input type="checkbox"/> Bake, broil, grill, or boil. <input type="checkbox"/> Stir-fry or sauté with cooking spray in a nonstick pan. Or use vegetable oils like canola, corn, olive, peanut, or soybean.
Choosing whole milk, full-fat cream cheese, or full-fat hard cheeses	<input type="checkbox"/> Drink fat-free or 1% milk. <input type="checkbox"/> Choose fat-free or low-fat cream cheese and low-fat or reduced-fat hard cheeses.
Choosing full-fat sour cream or full-fat cottage cheese	<input type="checkbox"/> Choose fat-free or reduced-fat sour cream or fat-free plain yogurt. <input type="checkbox"/> Eat fat-free or low-fat (1%) cottage cheese.
Choosing fattier cuts of meat	<input type="checkbox"/> Take the skin off chicken and turkey pieces before cooking them. <input type="checkbox"/> Eat lean cuts of ground meat, at least 92% lean/8% fat. Try lean cuts of meat like sirloin, tenderloin, round steaks, and roasts. Look for 99% fat-free ground turkey breast or ground chicken breast.
Lower Salt, Not Taste!	
Instead of ...	✓ I will ...
Buying already prepared meals and processed meats (such as cold cuts, hot dogs, and sausages)	<input type="checkbox"/> Make more meals using fresh, lean meats and fresh, frozen, or low-sodium canned vegetables.
Eating frozen or delivery pizza	<input type="checkbox"/> Make veggie pizza at home using fresh vegetables, a small amount of cheese, and no-salt-added tomato sauce.
Choosing regular canned vegetables	<input type="checkbox"/> Choose canned vegetables that are labeled “no salt added.” <input type="checkbox"/> Buy fresh veggies or frozen vegetables without sauces. Use herbs to add flavor. <input type="checkbox"/> Look at the Nutrition Facts label and choose the can lower/lowest in sodium.
Adding salt to foods for flavor	<input type="checkbox"/> Season foods with herbs, spices, chiles, lime or lemon juice, and vinegar.
Lower Sugar, and Still Satisfy Your Sweet Tooth!	
Instead of ...	✓ I will ...
Choosing sweet breakfast cereals	<input type="checkbox"/> Choose whole-grain cereals that don't have frosting or added sugars. <input type="checkbox"/> Choose fat-free yogurt or fat-free cottage cheese. Add fresh fruit and a few almonds for extra flavor and crunch.
Drinking sugary soft drinks and juice drinks	<input type="checkbox"/> Drink water or unsweetened iced tea with lemon juice.
Eating big portions of sweet desserts	<input type="checkbox"/> Eat a piece of fresh fruit—yummy! <input type="checkbox"/> Split a small dessert with a friend.
Choosing canned fruit packed in syrup	<input type="checkbox"/> Choose canned fruits without added sugars. <input type="checkbox"/> Choose fresh or frozen fruit.

Find Someone Who ...

Eating Healthy Most of the Time + Physical Activity = Good Health



Has a home-cooked dinner on most nights	Made half their plate fruit and vegetables today	Plays outside with their kids or grandchildren	Has fruit for dessert often
Chooses fat-free or low-fat milk and dairy products	Doesn't drink soda	Chooses whole-grain products when available	Engaged in aerobic exercise 3 times last week
Feels good after exercising	Works in the garden	Avoids salty foods like lunch meats or hot dogs	Takes a brisk walk on most days
Avoids oversized portions	Did exercises like push-ups and planks last week	Likes 100% frozen fruit bars	Regularly reads the Nutrition Facts label