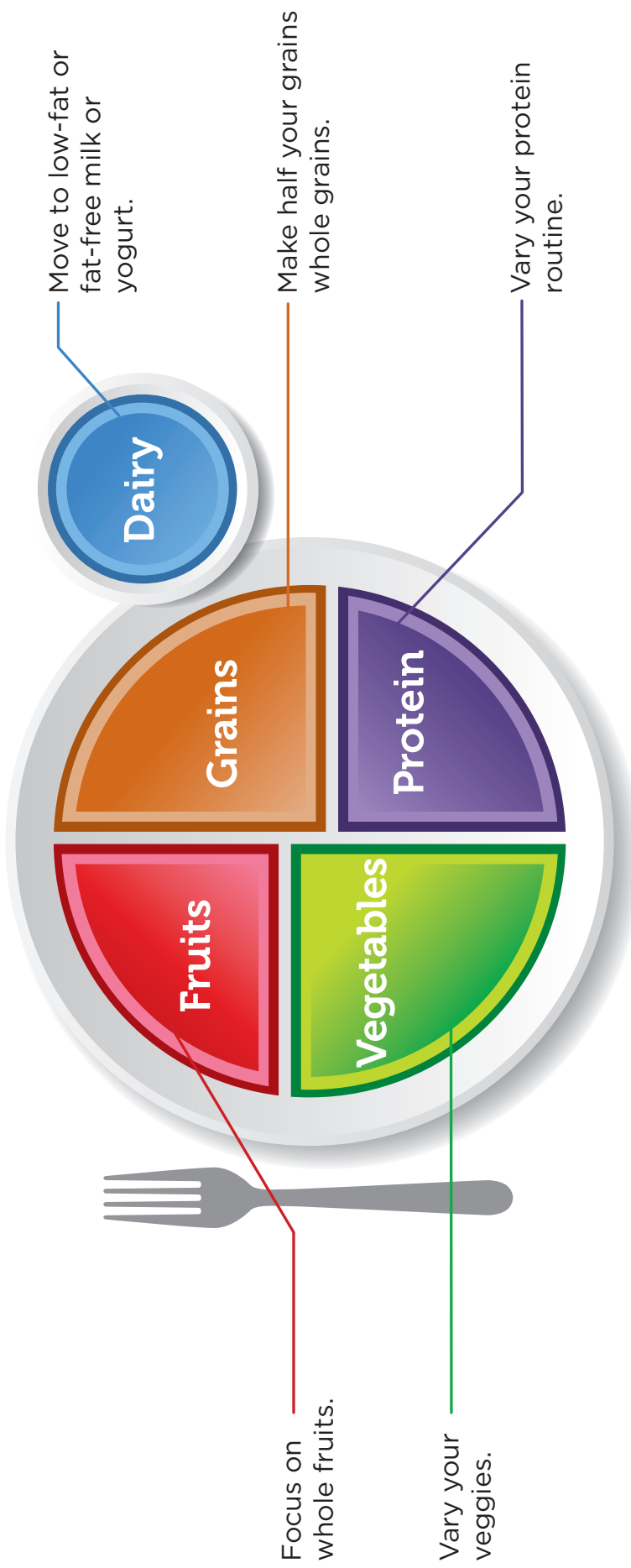




MyPlate, MyWins: Make it yours

Find your healthy eating style. Everything you eat and drink over time matters and can help you be healthier now and in the future.



Choose **MyPlate**.gov



Limit the extras.

Drink and eat beverages and food with less sodium, saturated fat, and added sugars.



Create 'MyWins' that fit your healthy eating style.

Start with small changes that you can enjoy, like having an extra piece of fruit today.



Focus on whole fruits and select 100% fruit juice when choosing juices.

Buy fruits that are dried, frozen, canned, or fresh, so that you can always have a supply on hand.

Eat a variety of vegetables and add them to mixed dishes like casseroles, sandwiches, and wraps.

Fresh, frozen, and canned count, too. Look for “reduced sodium” or “no-salt-added” on the label.

Choose whole-grain versions of common foods such as bread, pasta, and tortillas.

Not sure if it’s whole grain? Check the ingredients list for the words “whole” or “whole grain.”

Choose low-fat (1%) or fat-free (skim) dairy. Get the same amount of calcium and other nutrients as whole milk, but with less saturated fat and calories.

Lactose intolerant? Try lactose-free milk or a fortified soy beverage.

Eat a variety of protein foods such as beans, soy, seafood, lean meats, poultry, and unsalted nuts and seeds.

Select seafood twice a week. Choose lean cuts of meat and ground beef that is at least 93% lean.

Daily Food Group Targets — Based on a 2,000 Calorie Plan

Visit SuperTracker.usda.gov for a personalized plan.

2 cups

1 cup counts as:

- 1 large banana
- 1 cup mandarin oranges
- ½ cup raisins
- 1 cup 100% grapefruit juice

2½ cups

1 cup counts as:

- 2 cups raw spinach
- 1 large bell pepper
- 1 cup baby carrots
- 1 cup green peas
- 1 cup mushrooms

6 ounces

1 ounce counts as:

- 1 slice of bread
- ½ cup cooked oatmeal
- 1 small tortilla
- ½ cup cooked brown rice
- ½ cup cooked grits

3 cups

1 cup counts as:

- 1 cup milk
- 1 cup yogurt
- 2 ounces processed cheese

5½ ounces

1 ounce counts as:

- 1 ounce tuna fish
- ¼ cup cooked beans
- 1 Tbsp peanut butter
- 1 egg



Drink water instead of sugary drinks.

Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed.



Don't forget physical activity!

Being active can help you prevent disease and manage your weight.

Kids ≥ 60 min/day | Adults ≥ 150 min/week



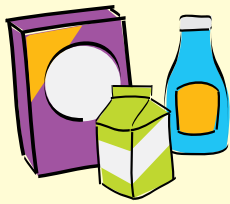
MyPlate, MyWins

Healthy Eating Solutions for Everyday Life

Choose MyPlate.gov/MyWins

Center for Nutrition Policy and Promotion
 May 2016
 CNPP-29

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Understanding and Using the Nutrition Facts Label

The U.S. Food and Drug Administration has finalized a new Nutrition Facts label for packaged foods and beverages that will make it easier for you to make informed food choices that support a healthy diet.

Explore it today and discover the wealth of information it contains!



Servings Per Container

Servings per container shows the **total number of servings** in the entire food package or container. One package of food may contain more than one serving. Some containers may also have a dual column label, which shows the amount of calories and nutrients in one serving and the entire package.

Serving Size

Serving size is based on the **amount of food that is customarily eaten** at one time. The nutrition information listed on the Nutrition Facts label is *usually based on one serving* of the food; however, some containers may also have information displayed per package. When comparing calories and nutrients in different foods, check the serving size in order to make an accurate comparison.

Calories

Calories refers to the **total number of calories**, or “energy,” supplied from all sources (fat, carbohydrate, protein, and alcohol) in one serving of the food. To achieve or maintain a healthy weight, balance the number of calories you consume with the number of calories your body uses. 2,000 calories a day is used for general nutrition advice. However, your calorie needs may be higher or lower and vary according to age, gender, height, weight, and physical activity level. Check your calorie needs at <http://www.choosemyplate.gov>.

As a general rule:

100 calories per serving is **moderate**
400 calories per serving is **high**

Percent Daily Value

The percent Daily Value (%DV) shows **how much a nutrient in one serving of the food contributes to a total daily diet**. Use the %DV to determine if a serving of the food is high or low in an individual nutrient and to compare food products (*check to make sure the serving size is the same*).

As a general rule:

5% DV or less of a nutrient per serving is **low**
20% DV or more of a nutrient per serving is **high**

Nutrients

The Nutrition Facts label can help you learn about and compare the nutrient content of many foods in your diet. Use it to choose products that are lower in nutrients you want to get less of and higher in nutrients you want to get more of.

Nutrients to get less of: saturated fat, *trans* fat, sodium, and added sugars. Diets higher in these nutrients can increase the risk of developing high blood pressure and/or cardiovascular disease. **Get less than 100% DV of these each day.** (Note: *trans* fat has no %DV, so use the amount of grams as a guide)

Nutrients to get more of: dietary fiber, vitamin D, calcium, iron, and potassium. Most Americans do not get the recommended amount of these nutrients, and diets higher in these nutrients can decrease the risk of developing diseases, such as high blood pressure, cardiovascular disease, osteoporosis, and anemia. **Get 100% DV of these on most days.**

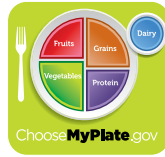
Nutrition Facts	
2 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1.5g	8%
<i>Trans</i> Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



<http://www.fda.gov/nutritioneducation>

December 2016



Eating better on a budget

Get the most for your budget! There are many ways to save money on the foods that you eat. The three main steps are planning before you shop, purchasing the items at the best price, and preparing meals that stretch your food dollars.

1 Plan, plan, plan!

Before you head to the grocery store, plan your meals for the week. Include meals like stews, casseroles, or soups, which “stretch” expensive items into more portions. Check to see what foods you already have and make a list for what you need to buy.



2 Get the best price

Check the local newspaper, online, and at the store for sales and coupons. Ask about a loyalty card for extra savings at stores where you shop. Look for specials or sales on meat and seafood—often the most expensive items on your list.

3 Compare and contrast

Locate the “Unit Price” on the shelf directly below the product. Use it to compare different brands and different sizes of the same brand to determine which is the best buy.

4 Buy in bulk

It is almost always cheaper to buy foods in bulk. Smart choices are large containers of low-fat yogurt and large bags of frozen vegetables. Before you shop, remember to check if you have enough freezer space.



5 Buy in season

Buying fruits and vegetables in season can lower the cost and add to the freshness! If you are not going to use them all right away, buy some that still need time to ripen.

6 Convenience costs... go back to the basics

Convenience foods like frozen dinners, pre-cut fruits and vegetables, and take-out meals can often cost more than if you were to make them at home. Take the time to prepare your own—and save!

7 Easy on your wallet

Certain foods are typically low-cost options all year round. Try beans for a less expensive protein food. For vegetables, buy cabbage, sweet potatoes, or low-sodium canned tomatoes. As for fruits, apples and bananas are good choices.



8 Cook once...eat all week!

Prepare a large batch of favorite recipes on your day off (double or triple the recipe). Freeze in individual containers. Use them throughout the week and you won't have to spend money on take-out meals.

9 Get creative with leftovers

Spice up your leftovers—use them in new ways. For example, try leftover chicken in a stir-fry, over a garden salad, or in chili. Remember, throwing away food is throwing away your money!

10 Eating out

Restaurants can be expensive. Save money by getting the early bird special, going out for lunch instead of dinner, or looking for “2 for 1” deals. Ask for water instead of ordering other beverages, which add to the bill.

FIND SOMEONE WHO....

Checks store flyers to find the best deals	Goes for a walk on most days	Chooses whole grains	Has tried yoga
Uses fat-free or low-fat milk and dairy products	Uses coupons to save money on groceries	Skips soda and other sugar-sweetened drinks	Reads the Nutrition Facts label
Made half their plate fruit and vegetables today	Feels good after exercising	Uses herbs and spices to flavor their meals	Drinks 8+ glasses of water per day
Cooks at home on most days	Buys in bulk	Has a home garden	Makes a shopping list
Exercises with friends or family	Goes to a farmer's market	Looks for low-sodium or no salt added canned beans and vegetables	Chooses a variety of colorful fruits and vegetables