Eat Well, Feel Well…
MyPlate

Vegetables - eat 2 ½ cups every day
- 1 cup raw or cooked vegetables, 1 cup vegetable juice, 2 cups leafy salad greens

Fruits - eat 2 cups every day
- 1 cup raw or cooked fruit, 1 cup 100% fruit juice, ½ cup dried fruit

Grains - eat 6 ounces every day
- 1 slice of bread, ½ cup cooked rice or pasta, 1oz cereal

Dairy - get 3 cups every day
- 1 cup milk, 1 cup yogurt, ½ ounce of natural cheese, 2 ounces processed cheese

Protein Foods - eat 5 ½ ounces every day
- 1 ounce lean beef, poultry, or fish; 1 egg, 1 tbsp peanut-butter, ½ ounce of nuts or seeds, ½ cup beans or peas

Tips to a GREAT PLATE:
- **Make half your plate fruits and vegetables**- make your plate colorful by choosing red, orange, and dark green vegetables like tomatoes, sweet potatoes and broccoli
- **Make half your grains whole grains –** eat whole wheat pasta and brown rice instead of regular pasta and white rice
- **Switch to fat-free or low fat milk –** they have the same amount of calcium and other nutrients as whole milk, but fewer calories and less saturated fat
- **Balance Calories-** find out how many calories you need for a day. Exercise will help to balance your calories
- **Enjoy your food, but eat less-** enjoy your food, and eat slowly. Pay attention to your body- are you hungry or are you full? Do not eat if you are not hungry. If you are full save the rest of your plate for later
- **Avoid oversized portions-** use a smaller plate, bowl or glass. Portion out foods before you eat- DO NOT eat out of a bag or package
- **Drink water instead of sugary drink-** cut calories by drinking water or unsweetened beverages
- **Foods to eat less often-** cut back on foods that are high in solid fats, have added sugar and salt. Examples of these foods to avoid are cakes, cookies, ice cream, pizza, ribs, sausage, bacon, hot dogs, and sweetened drinks.