

## Fruits: Focus on fruits.

- Eat a variety of fruit.
- Chose fresh, frozen, canned or dried fruit.
- Go easy on fruit juices.

## Vegetables: Vary your veggies.

- Eat more green dark veggies.
- Eat more orange veggies.
- Eat more dry beans and peas.

## Physical Activity Find your balance between food & physical activity.

- Be physically active for 30 minutes most days of the week.
- Children and teenagers should be physically active for 60 minutes everyday or most days of the week.

# ChooseMyPlate



## Oils: Know your fats.

- Make most of your fat sources from fish, nuts and vegetable oils.
- Limit solid fats like butter, stick margarine, shortening, and lard.

## Milk: Get your calcium-rich foods.

- Go low-fat or fat-free
- If you don't or can't consume milk, chose lactose-free products or other calcium sources.

## Grains: Make at least half your grains whole.

- Eat at least 3 ounces of whole grain bread, cereal, rice, or pasta everyday.
- Look for the word "whole" before the grain name on the list of ingredients.

## Meats & Beans Go lean on protein.

- Choose low-fat or lean meats and poultry.
- Bake it, broil it or grill it.
- Vary your choices with more fish, beans, peas, nuts, and seeds.