

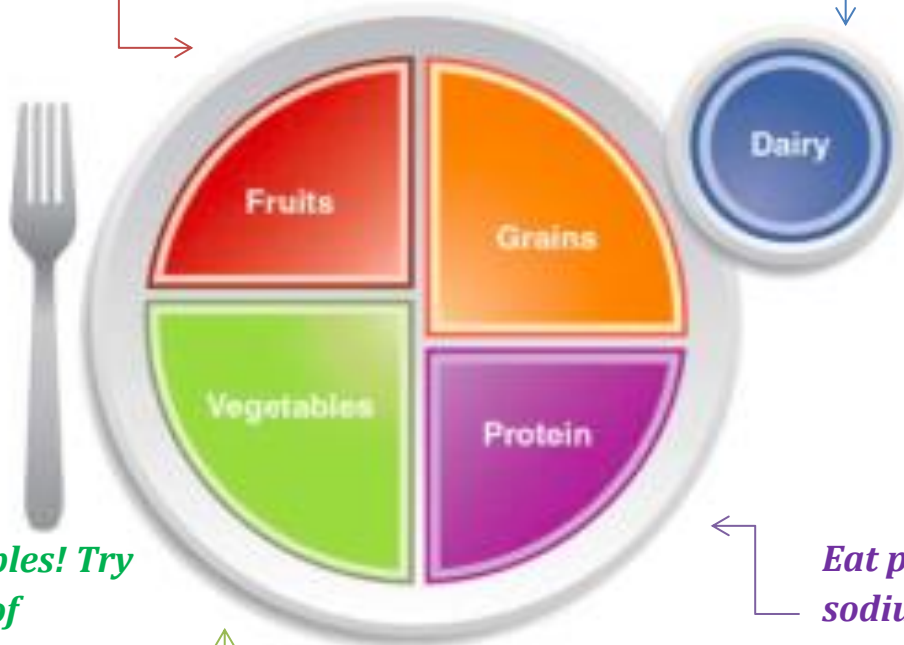
Healthy Eating Plate

What Should Your Plate Look Like?

Try to eat a variety of colorful fruits daily

Try to eat a variety of whole grains. Whole grains are whole wheat breads, pastas, and brown rice. Limit refined grains. Such as, white rice, white breads and pasta.

Drink mainly water (little to no sugar sweetened beverages). Limit milk to 1-2 servings per day and 1 small glass of juice per day.



Eat your vegetables! Try to eat a variety of vegetables such as dark leafy greens, red/orange and starchy vegetables. The more color variety, the better!

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Eat protein low in sodium. Such as, fish, poultry, beans and nuts. Limit bacon, cold cuts and red meat.