



Eat More Fruits and
Vegetables, Drink Water,
and Get Active



My Plate – Healthy Eating¹



Learn more about healthy eating! Go to www.choosemyplate.gov
Finding out how many calories YOU need for a day is a first step in managing your weight.

Exercise is the key to any plan for healthy eating and healthy living.

Healthy eating includes planning your meals, making healthy food choices, and keeping a healthy weight. Set goals for healthy eating. Use the tools in the *My Plate – Healthy Eating* toolkit. It includes information about the five food groups, information about nutrition labels, a menu planner, and a weekly food record to help you meet your goals.

My Plate shows the five food groups that are the building blocks for healthy eating:

- **Fruits**
 - **Vegetables**
 - **Grains**
 - **Proteins**
 - **Dairy**
- *My Plate* uses a plate to show how much of each of the food groups you should have everyday. Before you eat, think what food will go on your plate. Over the day, include foods from all the groups. Also think about how much goes on your plate. Most importantly, take time and enjoy your meals.
 - *My Plate* can help you to control your weight, look good, and feel better through healthy eating.
 - Body Mass Index (BMI) is a way to measure how much fat you have on your body. To find out your BMI, go to <http://www.nhlbi.nih.gov/guidelines/obesity/BMI/bmicalc.htm>. See how your BMI compares to a healthy weight. Start keeping a record of what you eat each day and how much exercise you get.

¹ Adapted from MyPlate <http://www.myplate.gov...look/>



FRUITS



Enjoy fruits at each meal and as healthy snacks.

Fruits – apples, apricots, bananas, cherries, grapefruit, grapes, kiwis, lemons, mangoes, nectarines, oranges, peaches, pears, papayas, pineapples, plums, prunes, raisins, tangerines

Berries – strawberries, blueberries, raspberries

Melons – cantaloupe, honeydew, watermelon

Mixed fruits – fruit cocktail

Fruit juice – orange, apple, grape, grapefruit. **If you drink juice, limit your daily amount to a small juice glass (4 to 6 ounces) of 100% pure juice.**

Fruits I Like



VEGETABLES



Enjoy vegetables throughout the day at meals and as healthy snacks.

Vegetables are loaded with vitamins and minerals that are good for you.

Dark green vegetables – bok choy, broccoli, collard greens, dark green leafy lettuce, kale, mustard greens, romaine lettuce, spinach, turnip greens

Starchy vegetables – corn, green peas, green lima beans, potatoes - *Limit starchy vegetables, especially things like French fries!*

Red and orange vegetables – acorn squash, butternut squash, carrots, hubbard squash, pumpkins, red peppers, sweet peppers, sweet potatoes, tomatoes

Beans and peas – black beans, black-eyed peas (dry), garbanzo beans, kidney beans, lentils, navy beans, pinto beans, soy beans, split peas, white beans

Other vegetables – artichokes, asparagus, avocado, Brussels sprouts, cabbage, cauliflower, celery, cucumbers, eggplant, green beans, iceberg lettuce, mushrooms, okra, onions, turnips, wax beans, zucchini

Vegetables I Like



GRAINS



Make half your grains whole grains. Whole grains contain bran (fiber) and vitamins (B vitamin) and minerals (iron) which are all good for your health.
Eat grains (especially whole grains) or beans at every meal.

Whole grains and products made with whole grains or whole wheat flour – whole wheat bread, whole wheat crackers, whole wheat pasta, whole wheat cereal flakes, muesli, bulgur, brown rice, oatmeal, barley, quinoa, sorghum, whole grain cornmeal, rye, wild rice, popcorn

Refined grains and products made with refined grains or refined flour – cornbread, corn tortillas, couscous, crackers, flour tortillas, grits, noodles, pitas, pretzels, white bread, white rice, spaghetti, macaroni, cornflakes

Look for whole grain or whole wheat on the nutrition label.

Grains I Like



PROTEIN



Eat different protein foods during the week.

Choose lean meat and chicken and turkey without the skin. Beans, nuts, and tofu are good foods for protein.

Try to eat fish (not fried) at least twice a week. Limit meat and poultry to 4 to 6 ounces a day. Include protein foods in most meals.

Meats – lean cuts of beef, ham, lamb, pork, and veal

Lean ground meats – beef, pork, lamb, chicken and turkey

Lean deli meats – check the nutrition facts label to help limit salt intake

Poultry – chicken and turkey

Eggs

Beans and Peas – black beans, black-eyed peas, garbanzo beans, falafel, kidney beans, lentils, lima beans (dry), navy beans, pinto beans, soy beans, split peas, white beans, bean burgers

Processed Soy Products – tofu, veggie burgers, tempeh

Nuts and Seeds – almonds, cashews, hazelnuts, peanut butter, pecans, pistachios, pumpkin seeds, sesame seeds, sunflower seeds, walnuts [unsalted nuts and seeds help keep salt intake low]

Fish – catfish, cod, halibut, mackerel, salmon, sea bass, snapper, swordfish, trout, tuna

Canned Fish – anchovies, clams, tuna, sardines, salmon

Shellfish - clams, crab, crayfish, lobster, mussels

Proteins I Like

My Plate - Healthy Eating



DAIRY



Switch to fat-free or low-fat (1%) milk. Have high calcium foods daily such as non-fat or low-fat milk, non-fat yogurt, non-fat or low-fat cheese, or low-fat soy milk (to build healthy bones).

Eat or drink two to three cups of nonfat or low-fat milk or yogurt each day.

Milk – fat free or low fat (1%)

Cheese – feta, string cheese, mozzarella, Swiss, Parmesan, ricotta, cottage cheese

Yogurt – fat-free, low-fat, no sugar added

Dairy Foods I Like



OILS

Oils are not a food group but are used in cooking.

Oils are fats that are liquid at room temperature, like vegetable oils used in cooking. Oils typically come from plants.

Use healthy oils like olive oil and canola oil for cooking, on salads, and at the table. Some commonly eaten oils are canola oil, corn oil, cottonseed oil, olive oil, safflower oil, soybean oil, and sunflower oil.

Limit solid fats such as butter and margarine. Solid fats are fats that are solid at room temperature, like butter and shortening. Solid fats typically come from animals.

Avoid trans-fats Read nutrition labels and look for *0 trans fats* on the label.

NUTRITION FACTS

Nutrition Label

Nutrition labels contain important information about what is in the food. Food contains fat, proteins, carbohydrates, and fiber. Food also contains vitamins and minerals. It gets complicated, so we'll talk about only four things: calories, fat, sodium (salt) and serving size. If you want to learn more, go to <http://www.mayoclinic.com/health/nutrition-facts/NU00293>

Calories – A typical adult diet is 2000 calories a day. If you eat more calories than you burn as energy you will gain weight. This label says there are 280 calories per serving size. That may be OK, depending on what else you are eating. You probably don't want to eat something like an ice cream bar that is 580 calories per serving if you are trying to lose weight.

Fat – Trans-fat is bad for you. You want to look for foods that have 0 trans-fats. This label says this food has 2.5g (grams) of trans-fats. This is not good.

Sodium (salt) – You need to limit the amount of salt in your diet. Many packaged foods have a lot of salt. This product has 640 mg (milligrams) or 27% of the recommended daily amount. This is a lot of salt for just one food item.

Serving Size – This label shows that there are 4 servings in this container. You should not eat the entire package. If you do, you would have eaten 1120 calories!

If you have diabetes, high blood pressure, heart disease, or other chronic medical conditions, ask your doctor about your diet and special things that you need to know to stay healthy. For diabetes, a nutritionist or health educator will help you make a plan for diet and exercise.

Nutrition Facts

Serving Size 4 oz. (113g)
Servings Per Container 4

Amount Per Serving

Calories 280 **Calories from Fat 130**

% Daily Value*

Total Fat 14g **22%**

Saturated Fat 3.5g **18%**

Trans Fat 2.5g

Cholesterol 120mg **40%**

Sodium 640mg **27%**

Total Carbohydrate 13g **4%**

Dietary Fiber 1g **4%**

Sugars 0g

Protein 24g

Vitamin A 2% • Vitamin C 2%

Calcium 2% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less Than	65g	80g	
Saturated Fat	Less Than	20g	25g	
Cholesterol	Less Than	300mg	300 mg	
Sodium	Less Than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4