



BUILD A BETTER PLATE

Eating healthy does not have to be complicated. To help keep things simple, start by looking at what foods you enjoy and then focus on how you plan on filling your plate. With some simple tips and guidance, you can easily create a balanced and nutrient dense meal. To build a better plate, you can utilize the principles of MyPlate, which was developed by the USDA, as a simple tool for creating healthy meals. One thing to remember is everyone's plates may look a little different depending on individual needs. This simple method allows for easy customization.

FOLLOW THESE SIMPLE STEPS TO BUILD A BETTER PLATE

Step 1. Start with an appropriately sized plate or bowl. An adult's plate should be around 9 inches across and a child's plate about 7 inches across.

Step 2. Divide your plate in half. In one of the halves, fill it with colorful **Non-Starchy Vegetables**, aim for at least two different vegetables.

Step 3. Divide the remaining half into 2 equal parts. One section will be for **Grains and Starchy Vegetables** like potatoes, rice, pasta and corn. Try to make half your grains whole grains.

Step 4. Fill that last section of your plate with **Lean Proteins** like fish, lean meats, legumes or tofu.

Step 5. Don't forget about **Healthy Fats**. Choose a healthy oil to cook with, drizzle a yogurt-based sauce or vinaigrette overtop your plate or include sliced avocado for added flavor.

Step 6. Add some vibrant **Fruit** for something sweet and an optional **Low-fat Dairy or Dairy Alternative**. Low-fat yogurt topped with your favorite fruit and granola is always a great choice.

Step 7. **Stay hydrated**. Fill your glass with water, sparkling water or your favorite unsweetened beverage of choice.

Step 8. Enjoy!

See page 2 for a great visual on Building a Better Plate.

NUTRI LEARN



USE THIS VISUAL AS A SIMPLE TOOL TO HELP YOU BUILD A BETTER PLATE!

HYDRATE

- Water
- Sparkling Water
- Flavored Beverages
- Coffee
- Tea
- Low-fat Dairy or Dairy Alternative

FRUITS AND DAIRY

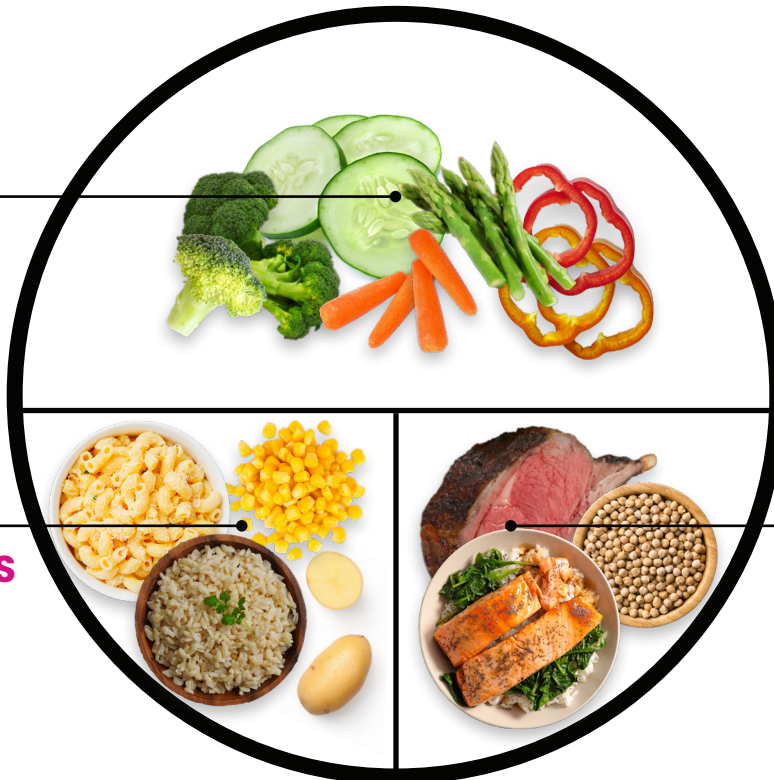


HEALTHY FATS AND FLAVOR

- Herbs and Spices
- Avocado
- Nuts
- Seeds
- Cheese
- Oils
- Low-Fat Yogurt

NON-STARCHY VEGETABLES

*Aim for at least two different vegetables



GRAINS AND STARCH VEGETABLES

*Make at least half your grains whole grains

LEAN PROTEINS

*Meat and Meat Alternatives