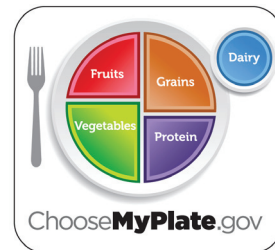


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build a healthy meal

10 tips for healthy meals



A healthy meal starts with more vegetables and fruits as well as portions of protein and grains. Think about how you can adjust the portions on your plate to get more of what you need without too many calories. Reduce the amount of processed foods in your diet. Consider fresh, local and seasonal options.

1 make half your plate veggies and fruits

Vegetables and fruits are full of nutrients and may help to promote good health. Choose red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.

2 add lean protein

Choose protein foods, such as lean beef and pork, or chicken, turkey, beans, or tofu. Twice a week, make seafood the protein on your plate.



3 include whole grains

Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

4 don't forget the dairy

Eggs, milk, yogurt, and cheese can play a vital role in the healthy diet. They're all great choices at every

and at snack time too. No need to try to skip all the fat. Whole and 2% milk and yogurt (as well as whole) are great and don't even think about low-fat cheese..



5 choose fats wisely

Using pre-packaged gravies or sauces will often add fat and calories to otherwise healthy choices.

For example, teamed broccoli is great, even with a little real cheese but avoid topping it with cheese sauce. Try other options, like a sprinkling of parmesan or a squeeze of lemon.

6 take your time

Savor your food. Eat slowly, enjoy the taste and textures, and pay attention to how you feel. Be mindful. Eating very quickly may cause you to eat too much.

7 healthy snacking

Snacking is great for an athlete who is actively training. Just make them wholesome, unprocessed snacks as often as possible.

8 take control of your food

Eat at home more often so you know exactly what you are eating. If you eat out, check and compare the nutrition information. Choose healthier options such as baked instead of fried.

9 try new foods

Keep it interesting by picking out new foods you've never tried before, like mango, lentils, or kale. You may find a new favorite! Trade fun and tasty recipes with friends or find them online.



10 satisfy your sweet tooth in a healthy way

Indulge in a naturally sweet dessert dish—fruit! Serve a fresh fruit cocktail or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.

