



## CHOOSE YOUR PLATE FOR HEALTHY EATING

Eating well by getting enough fruits, vegetables, whole grains, low or non-fat dairy products, and the right amount of protein is great for your long-term health. Poor eating habits and physical activity causes high blood pressure, high cholesterol, and diabetes.

The USDA has come up with a method called “ChooseMyPlate”. This method can help you choose appropriate portion sizes and make sure that you get enough nutrients from fruits and vegetables.

Make half of your plate fruits and vegetables. Eating enough fruits and vegetables is a great way to get a lot of nutrition for few calories. They can reduce your risk for cardiovascular disease and maybe even certain types of cancer.

Make half your grains whole. Whole grains include the entire grain seed, which means that they also include the most nutrients and fiber. They provide your body with iron, magnesium, selenium, and B vitamins. Refined grains have been processed to remove the seed. Even if they have been “enriched” they still do not contain fiber or as many nutrients as your body truly needs.

Milk and milk products (and comparable milk substitutes) provide many essential nutrients, including calcium, potassium, and vitamin D. Calcium and vitamin D are associated with stronger bones and teeth. The USDA recommends switching to 1% or fat free milk and low and non-fat yogurts and cheeses.

Protein is an essential nutrient for your body, and can be found in a whole variety of food sources such as seafood, meat, poultry, eggs, beans, peas, soy products, nuts, and seeds. A little goes a long way with the protein group. Most women only need about 5 ounces of protein and most men need only about 6 ounces of protein a day.

Visit [CHOOSEMYPLATE.GOV](http://CHOOSEMYPLATE.GOV) for more information

