

Let's eat for the health of it



► Build a healthy plate

Before you eat, think about what goes on your plate or in your cup or bowl. Foods like vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods contain the nutrients you need without too many calories. Try some of these tips:



Make half your plate fruits and vegetables.

Eat red, orange, and dark-green vegetables.

Switch to skim or 1% milk.

They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.

Make at least half your grains whole grains.

Choose 100% whole grain cereals, breads, crackers, rice, and pasta.

Vary your protein food choices.

Keep meat and poultry portions small and lean.

► Cut back on foods high in solid fats, added sugars, and salt

Many people eat foods with too much solid fats, added sugars, and salt (sodium). Added sugars and fats load foods with extra calories you don't need. Too much sodium may increase your blood pressure.

Choose foods and drinks with little or no added sugars.

Drink water instead of sugary drinks.

Look out for salt (sodium) in foods you buy—it all adds up.

Compare sodium in foods like soup, bread, and frozen meals—and choose the foods with lower numbers.

Eat fewer foods that are high in solid fats.

Make major sources of saturated fats—such as cakes, cookies, ice cream, pizza, cheese, sausages, and hot dogs—occasional choices, not everyday foods.

▶ Eat the right amount of calories for you



Everyone has a personal calorie limit. Staying within yours can help you get to or maintain a healthy weight. People who are successful at managing their weight have found ways to keep track of how much they eat in a day, even if they don't count every calorie.

Enjoy your food, but eat less.

Get your personal daily calorie limit at www.ChooseMyPlate.gov and keep that number in mind when deciding what to eat.

Cook more often at home, where *you* are in control of what's in your food.

When eating out, choose lower calorie menu options.

Order a smaller portion or share when eating out.

Write down what you eat to keep track of how much you eat.

▶ Be physically active your way

Pick activities that you like and start by doing what you can, at least 10 minutes at a time. Every bit adds up, and the health benefits increase as you spend more time being active.



▶ Use food labels to help you make better choices



Most packaged foods have a Nutrition Facts label and an ingredients list. For a healthier you, use this tool to make smart food choices quickly and easily.



For more information, go to www.dietaryguidelines.gov and



This material was funded by USDA's Supplemental Nutrition Assistance Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

