

March 2012

Improving Your Nutrition With MyPlate

The new icon from the U.S. Department of Agriculture (USDA) helps you see at a glance how to make healthier choices at every meal. The USDA also reminds you to:

- Enjoy your food, but eat less. Eat slowly so your body has a chance to tell you when it is full.
- Avoid oversized portions. Use smaller plates, bowls, and glasses.
- Make half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) milk.
- Make half your grains whole grains.
- Drink water instead of sugary drinks.
- Compare sodium in foods like soup, bread, and frozen meals – and choose the foods with lower numbers.

