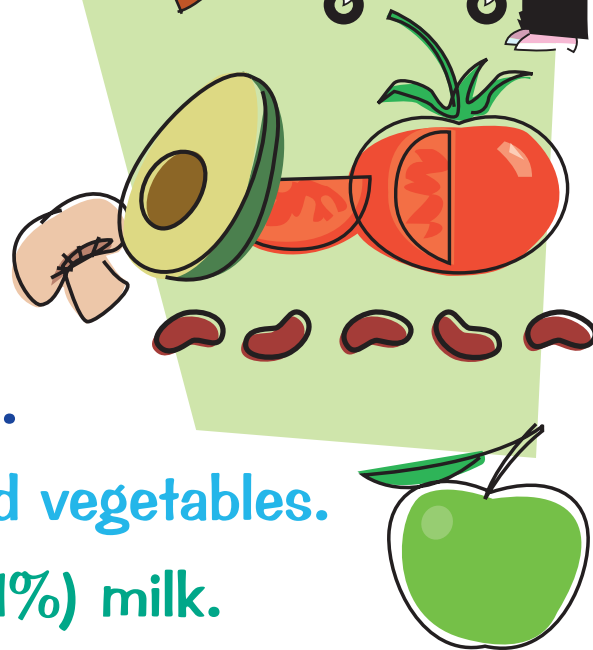
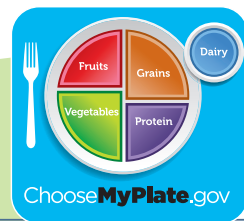


# Ten Tips to a Great Plate



## 1. Know how many calories you need.

Go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) to find out your calorie level.

## 2. Enjoy your food, but eat less.

## 3. Avoid oversized portions.

Use a smaller plate, bowl, and glass.

## 4. Eat more vegetables, fruits, whole grains and low fat dairy.

## 5. Make half your plate fruits and vegetables.

## 6. Switch to fat free or low fat (1%) milk.

## 7. Make half your grains whole grains.

Eat whole wheat bread instead of white bread or brown rice instead of white rice.

## 8. Eat fewer foods that are high in fat, sugar and salt.

Desserts, candy, pizza, sausage and sugary drinks should be occasional treats.

## 9. Choose foods with less sodium.

## 10. Drink water instead of sugary drinks.

