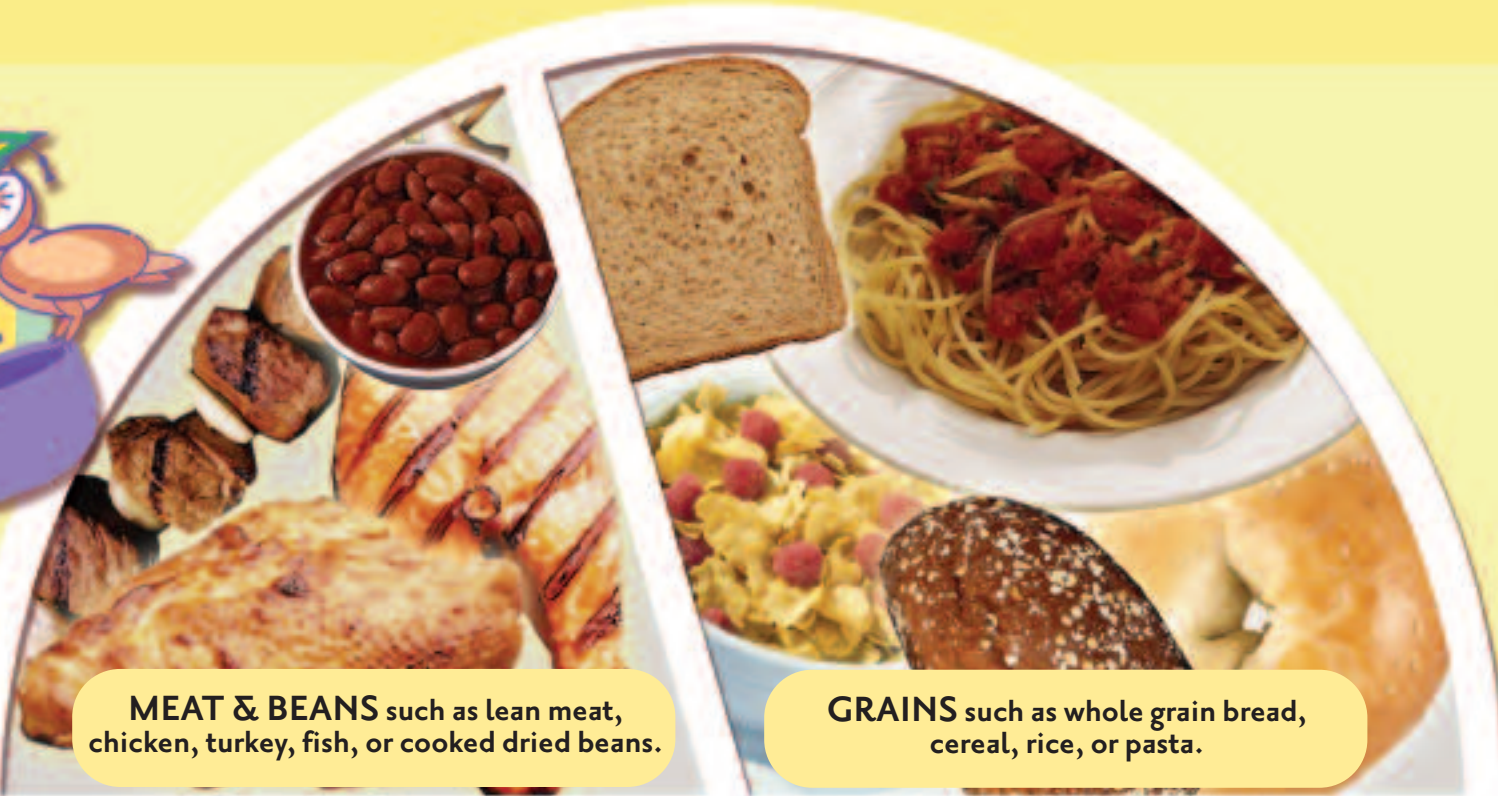


HERE'S AN EASY WAY TO PLAN HEALTHY MEALS:

About half of your plate should contain **Fruits & Vegetables**. The rest of your plate should contain **Meat & Beans** and **Grains** as shown here.



MEAT & BEANS such as lean meat, chicken, turkey, fish, or cooked dried beans.

GRAINS such as whole grain bread, cereal, rice, or pasta.

FRUITS & VEGETABLES
Eat a variety each day.



MILK, YOGURT OR CHEESE should be a part of each meal.

For adults and children over 2 years of age, choose 1% lowfat or fat free milk.

TIPS FOR FATS, SUGARS, AND SODIUM:

- ♦ Most of your fats should come from vegetable oils such as canola, corn, olive, soybean, and sunflower oil. Choose lowfat or light mayonnaise and salad dressing.
- ♦ Limit solid fats such as butter, margarine, shortening, and lard, as well as foods that contain these ingredients.
- ♦ Check the Nutrition Facts label to limit saturated fat, trans fat, and sodium.
- ♦ Choose food and beverages low in added sugars. Added sugars contain calories with few, if any nutrients.