

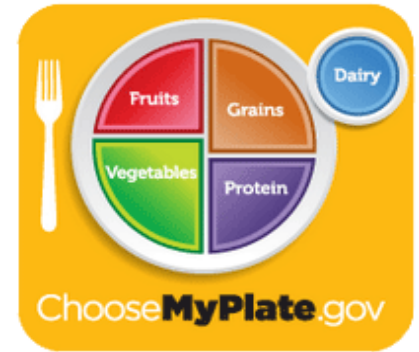


Choose MyPlate

Here are several tips to put healthier meals on your plate!

Make half your plate fruits and vegetables: Fruits and vegetables are great sources of nutrients that promote good health. Choose a variety of produce with colors such as red, orange and dark green.

Make half your grains whole grains: Look for the words “100% whole grain” or “100% whole wheat” on food labels. Replace a refined grain product for a whole grain one – try brown rice instead of white rice or oatmeal instead of cold cereal for breakfast!



Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Choose lean protein: Fill up one quarter of your plate with protein sources like lean meats (chicken and turkey), beans or tofu. Twice a week, choose seafood for a boost of omega-3 fatty acids.

Don't forget dairy: Have a cup of skim or low fat milk with your meals. Try a fat free or low fat yogurt for dessert!

Enjoy your food but eat less: Eating too fast or when you're distracted may lead to overeating. Take the time to fully enjoy your food as you eat. Pay attention to hunger and fullness cues and use them to recognize when to eat and when to stop.

Compare sodium in foods: Use the Nutrition Facts label to choose foods lower in sodium (salt), especially soups, bread and frozen meals. Look for labels that say “no salt added” or “low sodium,” and have less than 130 mg of sodium per serving.

Avoid oversized portions: Portion out the foods before you eat. Use a smaller plate, bowl, and glass. When eating out, choose a smaller portion size, share a dish or save part of your meal to take home and eat later!

Drink water instead of sugary drinks: Regular soda, energy drinks and sports drinks add a lot of sugar and calories to the typical American diet. Drink water or unsweetened beverages instead.

Balance calories to manage weight: Start by visiting www.ChooseMyPlate.gov and learning how many calories you need each day. Make time for regular physical activity for better health and more energy.

Foods to eat less often: Cut back on foods high in solid fats, added sugars and salt. Try to keep the %Daily Value less than 5% for saturated fat, cholesterol, and sodium. Some examples are cakes, cookies, ice cream, candy, sweetened drinks, pizza and fast food. You can still enjoy these foods as occasional treats, just not as everyday food choices.

For more information, call 336-641-7777 or visit www.guilfordcountync.gov

Free language assistance is available upon request.

PEC APP 7/15 Revised 5/19