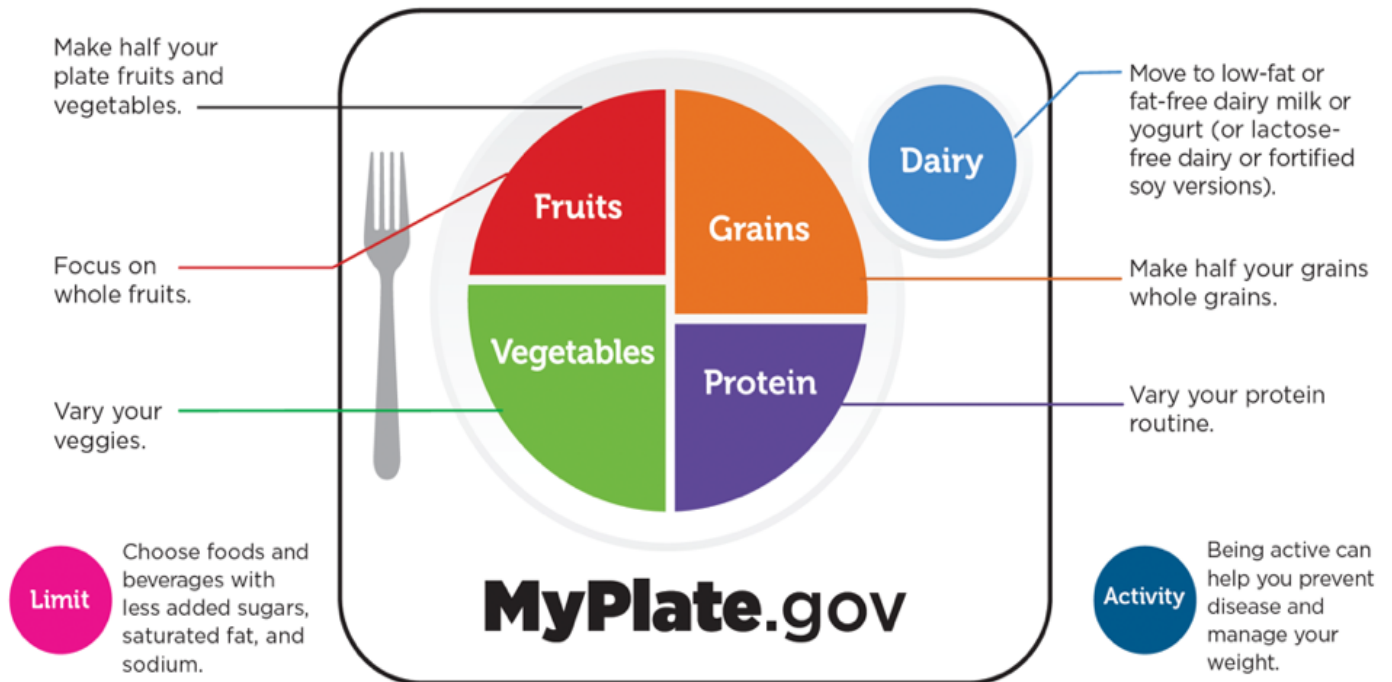


Start *simple* with **MyPlate**

Healthy eating is important at every life stage,
with benefits that add up over time, bite by bite. Small changes matter.



Tips

1. **Focus on whole fruits.** Include fruit at breakfast! Top whole grain cereal with your favorite fruit, add berries to pancakes, or mix dried fruit into hot oatmeal.
2. **Vary your veggies.** Cook a variety of colorful veggies. Make extra vegetable and save some for later. Use them for a stew, soup, or pasta dish.
3. **Vary your protein routine.** Have a taco night! Try adding new protein like shrimp, beans, chicken, or beef.
4. **Make half of your grain's whole grains.** Add brown rice to your stir-fry dishes. Combine your favorite veggies and protein foods for a nutritious meal.
5. **Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions).** Enjoy a yogurt parfait top with fruit and nuts.
6. **Drink or eat less added sugars, saturated fat, and sodium.** Cook at more often to limit. Read the nutrition facts labels.