

# Build a healthy plate



## Make at least half your grains whole

- Choose 100 percent whole-grain cereals, breads, crackers, rice and pasta more often instead of refined versions
- Substitute a whole-grain product for a refined product – whole-wheat bread instead of white bread or brown rice instead of white rice
- Check the ingredient list on packages, and choose foods with a whole-grain ingredient listed first
- Try healthy whole-grain snacks – popcorn, whole-grain cereal or whole-wheat crackers



## Eat the right amount of calories for you

- Choose lower calorie menu options or share when eating out
- Eat smaller portions – use a smaller plate, bowl and glass
- Stop eating when you are satisfied, not full
- Enjoy your food but eat less
- Take your time and eat slowly
- Drink water instead of sugary drinks
- Keep track of what you eat – write it down



## Make half your plate fruits and vegetables

- Brighten your plate with color
- Eat red, orange and dark green vegetables – like tomatoes, sweet potatoes and broccoli
- Use quick-cooking methods like stir-frying, steaming or the microwave
- Try grilling fruits and vegetables for a change of pace
- Have fruits and vegetables for snacks
- Include them in casseroles and salads
- Use canned, frozen or fresh fruits and vegetables in season



## Vary your protein choices



- Eat a variety of protein foods each week
- Keep meat and poultry portions small and lean
- Choose seafood twice a week
- Eat plant protein foods more often – try beans and peas, soy products, nuts and seeds
- Try grilling, roasting or baking – they don't add extra fat

## Be physically active your way

- Pick activities you like
- Start small – 10 minutes at a time
- Gradually increase your activity – every bit adds up
- Benefits increase as you spend more time being active
- Be a good role model; be active with your children



## Cut back on foods high in solid fats, added sugar and salt

- Choose foods and drinks with little or no added sugars
- Eat fewer foods that are high in solid fats – like cakes, cookies, ice cream, pizza, cheese, sausage and hot dogs
- Choose lean cuts of meat and poultry
- Use low-fat or nonfat dairy products
- Use oil instead of solid fat in cooking
- Compare sodium in foods and choose foods with lower numbers
- Add spices or herbs instead of salt to season food



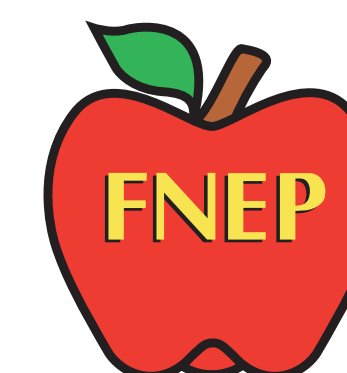
## Switch to skim or 1 percent milk and dairy products

- Choose low-fat or nonfat versions of milk, yogurt, cheese and other dairy products
  - > Same calcium and nutrients, but less fat and calories
- Try lactose-free milk if you are lactose intolerant
- Try calcium-fortified soymilk (soy beverage) as an alternative



## Use food labels to help you make better choices

- Use the Nutrition Facts label and ingredient list to make smart food choices
- Check serving sizes and how many servings you actually eat
- Choose foods with lower calories, saturated fat, trans fat and sodium
- Read the ingredient list to find
  - > Whole-grain ingredients
  - > Added sugars



Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Running out of money for food? Contact your local food stamp office or go online to [dss.mo.gov/fsd/fstamp](http://dss.mo.gov/fsd/fstamp).

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