

MAINTAIN DON'T GAIN

Week 2: Remake your plate

Serve the right portions to manage your weight.

It's out with the food pyramid and in with the plate method. The federal government recently unveiled a new way to look at the way you eat through its MyPlate recommendations.

It's pretty simple. All you do is look at your plate in sections, giving more real estate to fruits and vegetables. You still get to eat proteins like meat and chicken and dairy, just not as much as you eat fruits and vegetables. It's all about balance—and portion size.

Your challenge: For dinner, try using a smaller plate, then fill it half with fruits and vegetables, a quarter with lean protein, and a quarter with whole grains.

Your tips:

- Enjoy your favorite holiday treats, but in moderation; eat less of them.
- Avoid oversized portions, especially when dining out.
- Use fat-free or low-fat (1 percent) milk.
- Make half your grains whole grains (like whole wheat bread and brown rice)
- Compare the sodium on the labels of foods like soup, bread, and frozen meals and choose the ones with lower numbers.



- Drink water instead of sugary drinks or juice.

Your link: Learn more about MyPlate and get the latest tips on healthy eating at www.choosemyplate.gov.

Monitor your progress on your personal tracker, and celebrate a healthier you.

**CLICK HERE
TO LEARN MORE
ABOUT MYPLATE**

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