

# Design Your Own Plate

## Make half your plate fruits and vegetables.

### Healthy Tip:

Eat a colorful variety of fruits. Choose fresh or frozen fruits most often. For canned, choose fruit canned in light syrup or in "own juices."



## Make half your plate fruits and vegetables.

### Healthy Tip:

Eat a colorful variety of vegetables. Choose fresh and frozen vegetables most often. For canned vegetables, choose low sodium or rinse regular canned vegetables with water before cooking.



## Make at least half your grains whole.

### Healthy Tip:

During the day, choose whole grains as much as possible. Read the ingredient label and look for these items: "whole wheat," "brown rice," "bulgur," "buckwheat," "oatmeal," "whole-grain cornmeal," "whole oats," "whole rye," or "wild rice" to be assured you are choosing a whole-grain product.



## Switch to fat-free or low-fat (1%) milk.\*

### Healthy Tip:

If you currently drink or eat whole milk products, slowly switch to lower fat options. If you cannot tolerate milk, choose low fat, low sugar, calcium-fortified options like soy milk.

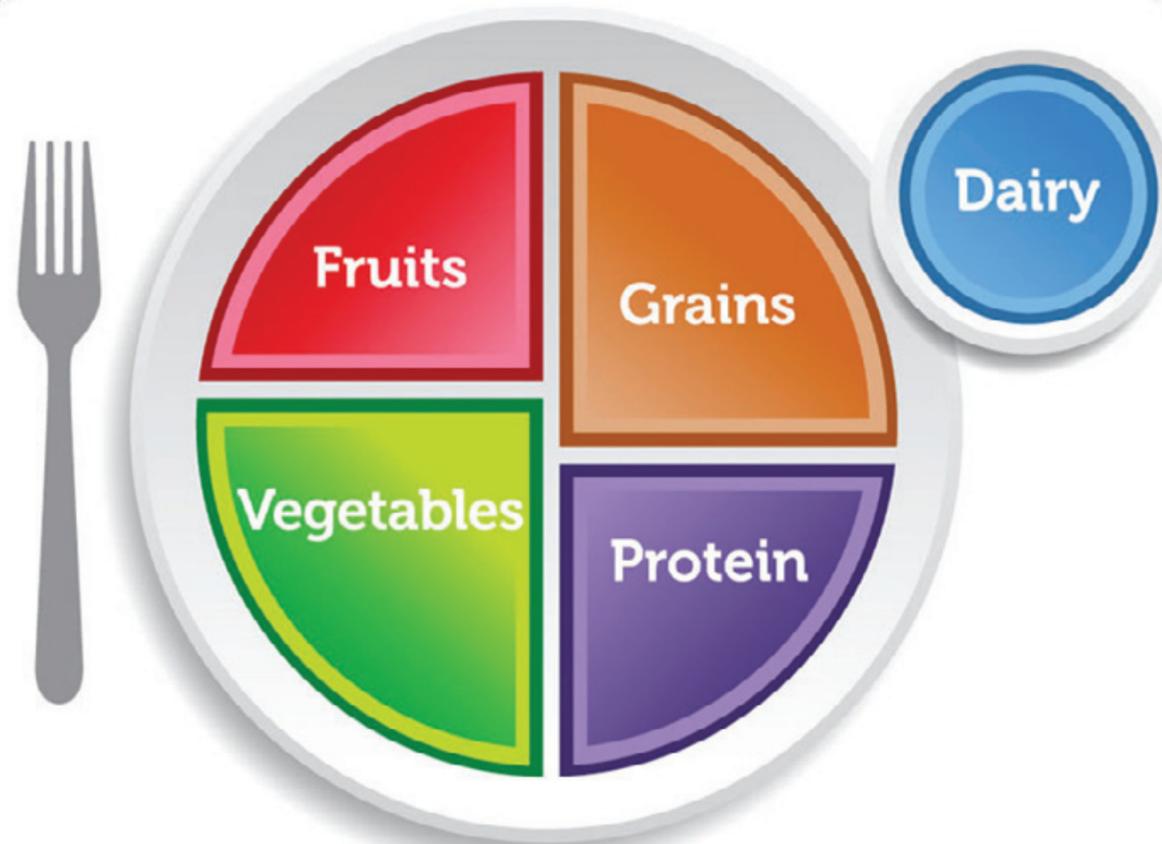


\*Whole milk is appropriate for children between 1 and 2 years of age.

## Vary your sources of protein.

### Healthy Tip:

Choose lean sources of meat and poultry. Twice a week, make seafood the protein on your plate. Eat beans, lentils, tofu, nut butters, and other non-meat sources of protein.



Choose **MyPlate**.gov

To find out how much of each food group you should eat and how many calories you should eat in a day, visit [www.choosemyplate.gov](http://www.choosemyplate.gov) and click on "Get a Personalized Plan".

# WIC WELLNESS WORKS

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