

# Ten Tips to a Great Plate

## Balance Calories

Find out how many calories you need for the day as a first step in managing your weight. Go to [www.choosemyplate.gov](http://www.choosemyplate.gov) to find your calorie level. Being physically active can also help balance calories.



## Enjoy your food, but eat less

Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before you eat, while you are eating and after meals.

## Avoid oversized portions

Use a smaller plate, bowl and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish or take home part of your meal.

## Foods to eat more often

Eat more vegetables, fruits, whole grains and fat-free or 1% milk and dairy products. These foods are great sources of the nutrients you need for your health, including potassium, calcium, vitamin D and fiber.

## Make half of your plate fruits and vegetables

Choose red, orange and dark-green vegetables like tomatoes, sweet potatoes and broccoli, along with other vegetables for your meals. Add fruit to meals.

## Switch to fat-free or low-fat (1%) Milk

They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.

## Make half of your grains whole grains

Substitute whole-grain products for a refined product such as eating whole wheat bread instead of white bread or brown rice instead of white rice.

## Foods to eat less often

Cut back on foods high in solid fats, added sugars and salt. These foods include cake, cookies, ice cream, candies, sweetened drinks, pizza and fatty meats like ribs, sausage, bacon and hot dogs. Use these foods as occasional treats, not everyday foods.

## Compare sodium in foods

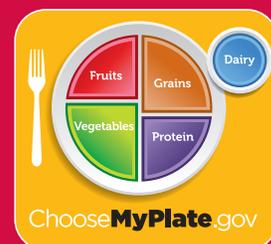
Select canned foods labeled “low sodium”, “reduced sodium” or “no salt added”. Use the nutrition facts label to choose lower sodium versions of foods like soup, bread or frozen meals.

## Drink Water

Cut calories by drinking water or unsweetened beverages. Soda, energy drinks and sports drinks are a major source of added sugar and calories.

**UW**Health

[uwhealth.org](http://uwhealth.org)





# 5 a Day The Color Way

**Eat your colors every day to stay healthy and fit**

What is a serving?

- 1 cup raw, leafy vegetables
- 1 medium-sized piece of fruit
- ½ cup (4 oz) of 100% juice
- ½ cup cooked dry peas, beans, lentils
- ¼ cup dried fruit



## Yellow/Orange

Yellow apples	Oranges	Yellow summer squash
Apricots	Papayas	Sweet corn
Yellow beets	Peaches	Sweet potatoes
Cantaloupe	Yellow pears	Tangerines
Carrots	Persimmons	Yellow tomatoes
Yellow figs	Pineapples	Yellow watermelon
Grapefruit	Yellow peppers	Yellow winter squash
Golden kiwifruit	Yellow potatoes	
Lemon	Pumpkin	
Mangoes	Rutabagas	
Nectarines	Butternut squash	



## Red

Red apples	Red peppers
Beets	Pomegranates
Cherries	Radicchio
Cranberries	Radishes
Pink/red grapefruit	Raspberries
Red grapes	Rhubarb
Red onions	Strawberries
Blood oranges	Tomatoes
Red pears	Watermelon



## White

Bananas	Onions
Cauliflower	Parsnips
Dates	White peaches
Garlic	Brown pears
Ginger	White potatoes
Jicama	Shallots
White nectarines	Turnips
Mushrooms	



## Blue/Purple

Purple asparagus	Purple figs
Blackberries	Purple grapes
Blueberries	Purple peppers
Purple cabbage	Dried plums
Purple carrots	Plums
Black currants	Purple potatoes
Eggplant	Raisins
Elderberries	Black salsify
Purple Belgian endive	



## Green

Green apples	Green cabbage	Okra
Artichokes	Celery	Green onion
Arugula	Cucumbers	Green pears
Asparagus	Endive	Peas
Avocados	Green grapes	Snow peas
Green beans	Honeydew melon	Sugar snap peas
Broccoli	Kiwifruit	Green pepper
Broccoli rabe	Leafy greens	Spinach
Brussels sprouts	Leeks	Chayote squash
Chinese cabbage (Napa/Bok Choy)	Lettuce	Zucchini
	Limes	