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 to find your calorie level. Being physically active can also help balance calories.

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.

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.
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