Making a Balanced Plate: 6 key points of making a balanced plate, according to the USDA
Making a Balanced Plate
Focus on Whole Fruits

Farmer’s markets will soon have fresh local produce available.

EBT/WIC/SNAP can now be used at many locations.

Whole fruits have more fiber compared to fruit juice.

Not close to a farmer’s market? No problem! Check out Foodlink’s Curbside Market.
Vary Your Veggies

Try to choose a variety of colors. Make your plate a rainbow.

Go clicking around on your favorite recipe website for vegetable inspiration.

Don’t have one? Try: AllRecipes

Sometimes putting an unlikely fruit and vegetable together can be a winning pair.

- Brussels sprouts and cranberries
- Peaches and cherry tomatoes
- Blood oranges and cauliflower
Making a Balanced Plate

Vary Your Protein Routine

It’s ok to try new things. It’s even OK to not like it!

Try a new type of fish, or even consider a plant-based protein.

Varying your protein can provide your body with a variety of nutrients designed to keep your body functioning well.
Making a Balanced Plate

Make 1/2 Your Grains
Whole Grains

Mixing whole grains with white products is a great way to help transition.

How do you know if an item is considered to be whole grains? Check the ingredient list:
- Whole grains should be the first or second ingredient to be a better choice.
Move to Low-Fat or Fat-Free Dairy Milk or Yogurt (or Lactose-Free Dairy or Fortified Soy Versions)

- Sometimes transitioning to a 1% or 2% option is unnoticeable, especially for milk and cheese.

- Choosing lower-fat dairy makes a big impact in lowering cholesterol and triglyceride levels.
Making a Balanced Plate

Drink and Eat Less Sodium, Saturated Fat, and Added Sugars

Most foods naturally have sodium. Try to avoid picking up that salt shaker.

If given the option, consider choosing the “lower”, “light” or “reduced” product.