

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

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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.

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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.

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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.



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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.

