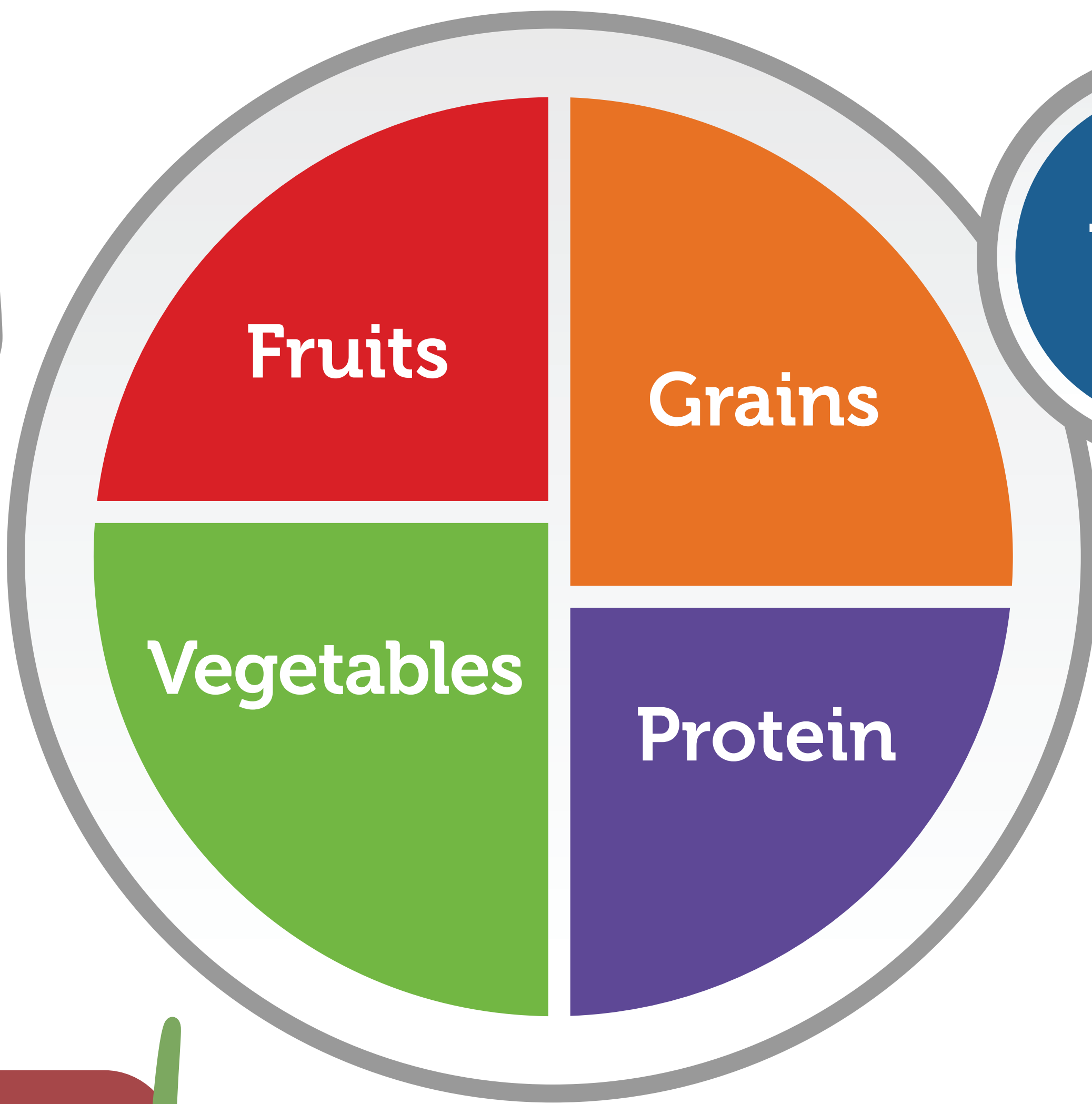
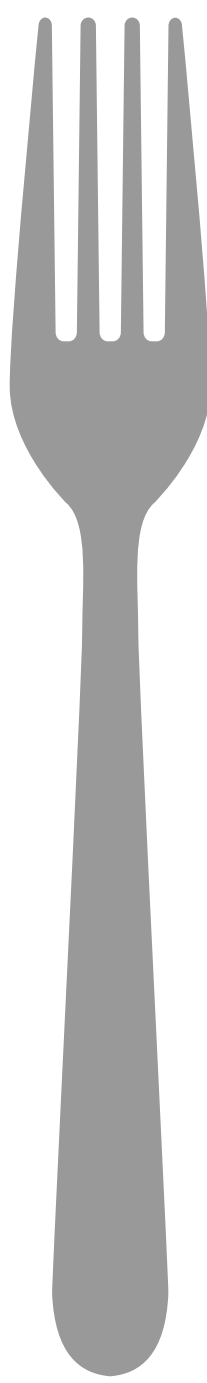


# BUILD A HEALTHY PLATE



### Fruits and Vegetables

- Fill half your plate with fruits and vegetables
- Brighten your plate with color – go for variety
- Fruit doesn't have to go on your plate. It can be a great after-dinner dessert!



**Dairy**

### Dairy

- Choose low-fat options when possible
- Watch out for added sugars in flavored milks and yogurts
- Try lactose-free or soy milk as an alternative if you have trouble with dairy
- Choose water, unsweetened tea, or low-fat milk over sugary drinks

### Grains

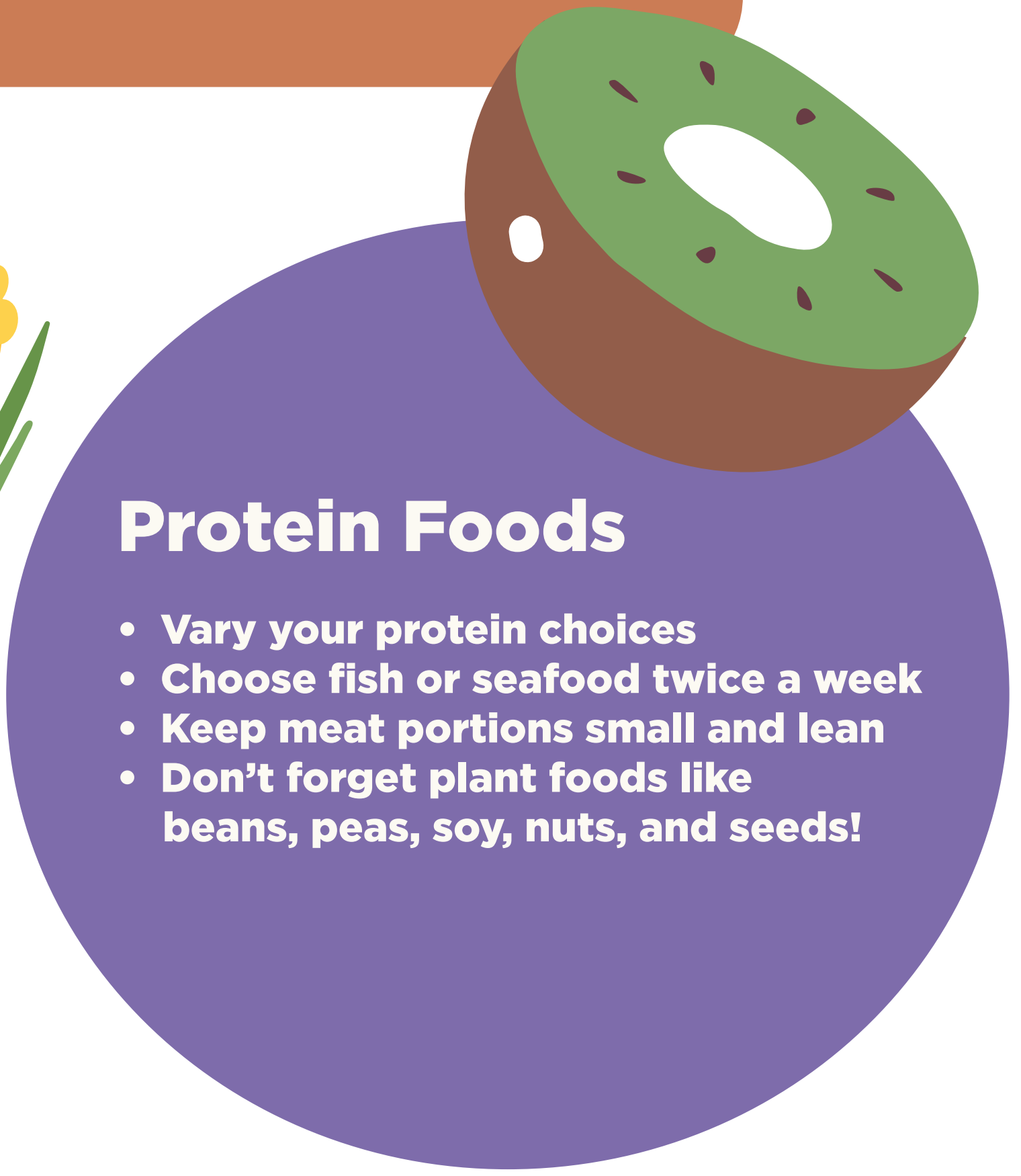
- Make at least half your grains whole
- Keep portion sizes to 1/4 of your plate

### Choose foods and beverages with less added sugars, saturated fat, and sodium.

**Limit:**

- Added sugars to <50 grams a day
- Saturated fat to <22 grams a day
- Sodium to <2,300 milligrams a day

### Snacks are important too! Try to include at least two food groups when you have a snack.



### Protein Foods

- Vary your protein choices
- Choose fish or seafood twice a week
- Keep meat portions small and lean
- Don't forget plant foods like beans, peas, soy, nuts, and seeds!



Funded in part by USDA SNAP. For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016. Running out of money for food? Contact your local food stamp office or go online to [mydss.mo.gov/food-assistance/food-stamp-program](http://mydss.mo.gov/food-assistance/food-stamp-program).