Your Health Checklist: MyPlate

MyPlate is a nutrition tool to help you choose healthy foods at every meal. Follow this checklist to start creating healthier meals today!

Do: Choose a variety of vegetables. Try adding tomatoes to your salad or mix veggies into dishes like omelets or tacos to add extra vegetables to your meal. Do: Choose whole fruit. Fruit is filled with nutrients including fiber, Vitamin C, and potassium, so keep a bowl of fruit in easy reach. Do: Make half of your plate fruits and vegetables to reduce your risk for some chronic diseases such as heart disease and stroke.

Do: Make half of your grains whole. To eat more whole grains, substitute white rice for brown rice or try whole wheat pasta. Do: Add variety to your protein choices. Choose seafood rich in omega-3 fatty acids such as salmon. Choose beans, peas, or soy products as a main dish like stir-fried tofu, split pea soup, or veggie burgers.

Do: Choose low-fat or non-fat dairy to get the nutrients you need like calcium and Vitamin D. Eat fat-free or low-fat yogurt with fruit on top.

Do: Add regular physical activity to your daily routine. Take a walk, bike, take a yoga class, garden, or lift weights. The more you do, the greater the health benefits and the better you will feel.

To make your choices healthier download the Start Simple with MyPlate app to set food goals and see your progress in real-time. Follow this checklist to create healthy meals for you and your family today.

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