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SP735 Choose MyPlate.gov Poster

Betty Greer

Michelle Vineyard

Janie Burney

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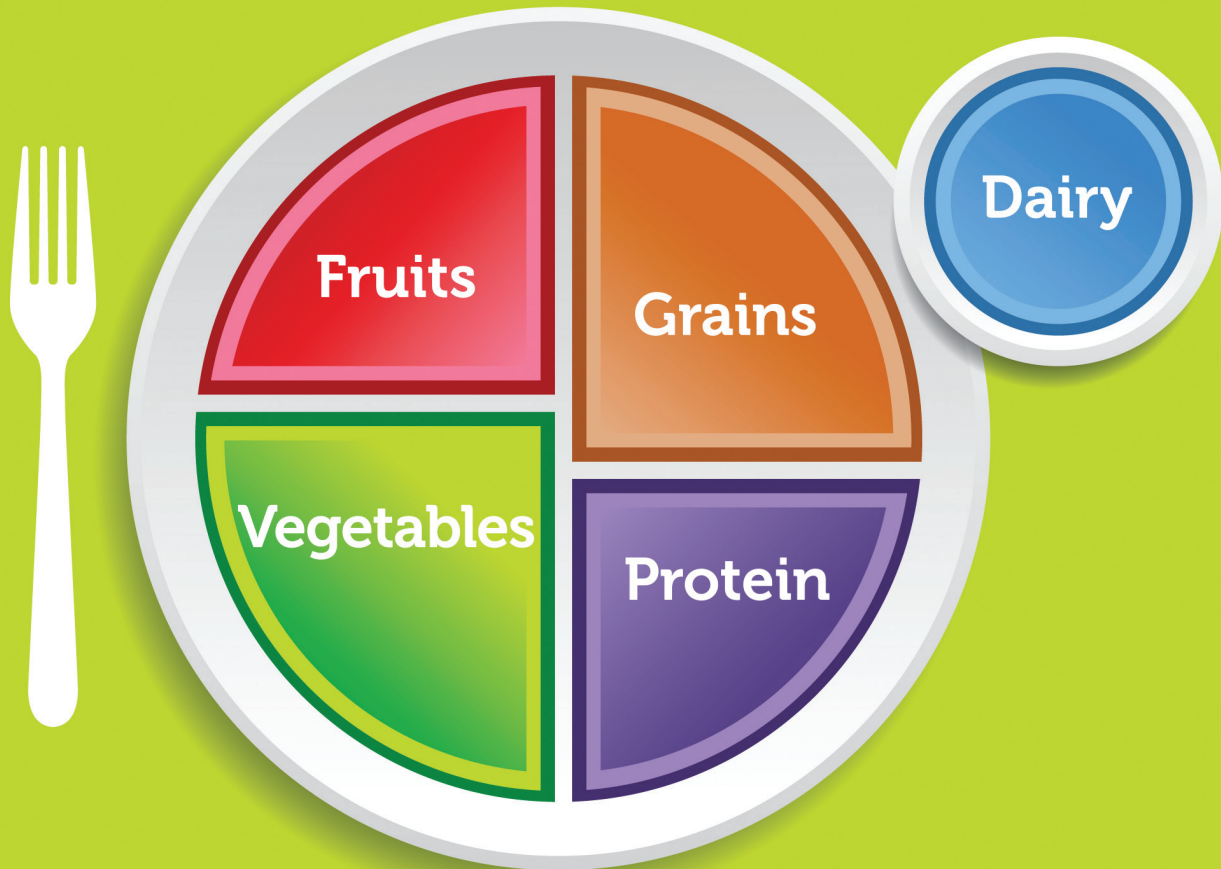
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Choose **MyPlate**.gov

- Enjoy your food, but eat less.
- Avoid oversized portions.
- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.
- Compare sodium in foods like soup, bread and frozen meals — and choose the foods with lower numbers.
- Drink water instead of sugary drinks.

Visit the UT Extension Family and Consumer Sciences website at <http://fcs.tennessee.edu>

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