

Let's eat for the health of it! Build a healthy plate

Choose a change that you can make today, and move toward a healthier you.

- **Make healthy food choices**
 - Make at least half your grains whole grains.
 - Make half your plate fruits and vegetables.
 - Vary your veggies.
 - Focus on fruit.
 - Get your calcium rich foods.
- **Keep food safe to eat.**
- **Find your balance between food and physical activity.**



Your food and physical activity choices each day affect your health – how you feel today, tomorrow, and in the future. These tips and ideas are a starting point. You will find a wealth of suggestions here that can help you get started toward a healthy diet.



Grains:

Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products.

Grains are divided into 2 subgroups, whole grains and refined grains:

Create your own menu:

Top 3 Grain Tips

1 Whole grains can be healthy snacks.

Popcorn, a whole grain, can be a healthy snack. Make it with little or no added salt or butter.

2 Bake up some whole-grain goodness.

Experiment by substituting buckwheat, millet, or oat flour for up to half of the flour in pancake, waffle, muffin, or other flour-based recipes. They may need a bit more leavening in order to rise.

3 Check the label for fiber.

Use the Nutrition Facts label to check the fiber content of whole-grain foods. Good sources of fiber contain 10% to 19% of the Daily Value; excellent sources contain 20% or more.