



## MY PLATE

MyPlate is a visual reminder to make healthy choices from each of the five food groups. MyPlate recommends:

- Make half of your plate fruits and vegetables
- Focus on whole fruits (e.g., fresh, frozen, canned, or dried)
- Vary your vegetables
- Half of your grains should be whole grains

Go to [MyPlate.gov](https://myplate.gov) for more information!



**For more information about healthy eating habits talk with your healthcare provider, visit [myplate.gov](https://myplate.gov), or contact your local health department for local resources available to you!**



# HEALTHY EATING HEALTHY LIVING

**Simple ways to improve your nutrition and live healthier!**

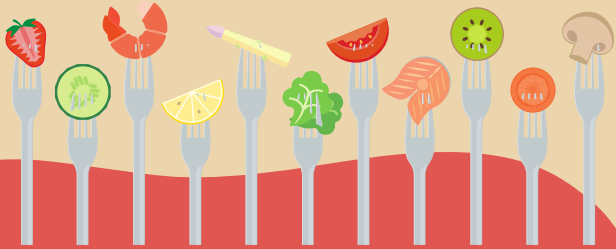


**Middlesex-Essex**  
Public Health Collaborative



## VEGETABLES

- Grilling or steaming veggies is best.
- Frozen or canned vegetables can be a quick easy side dish.
- When buying canned veggies, avoid added salt, butter, or cream sauces.
- Try new veggies when you can!



## FRUITS

- Fresh, frozen, or canned fruits are all great options.
- Try a variety of fresh fruits in season!
- Look for no added sugars, packaged in water or in its own fruit juice.
- Berries are lower in carbs and rich in fiber, vitamin, minerals, and antioxidants.

## GRAINS

- Grains are an important part of a healthy and balanced diet!
- Grains are a great source of fiber, vitamins, and minerals.
- Try adding whole grains to your meals by using brown rice instead of white rice.
- Try making a quinoa salad instead of a pasta salad.



## MEATS & PROTEIN

- Proteins include seafood, lean meats and poultry, eggs, beans and peas, soy products, nuts, and seeds.
- Opt for grilling or baking your meats instead of frying.
- Vary your proteins by adding in fish, tofu, or beans in place of meats!



## SUGARS

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
Amount per serving	
<b>Calories</b>	<b>230</b>
% Daily Value*	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Read your nutrition labels and try to limit your added sugar.

## DAILY ADDED SUGAR LIMIT



### MEN

NO MORE THAN

- 9 TEASPOONS OR
- 36 GRAMS



### WOMEN

NO MORE THAN

- 6 TEASPOONS OR
- 24 GRAMS



ONE 12 oz.  
can of regular soda  
CONTAINS ABOUT  
**10 TEASPOONS**  
of added sugar