



## Say Goodbye to the Pyramid and hello to the Plate!

There's a new, easy-to-understand graphic showing what a healthy American diet should look like.

Fill your plate with at least half fruits and vegetables, a little more than a quarter grains (mostly whole grains), and a little less than a quarter lean protein foods, with a little dairy on the side.

### Try to follow these general guidelines, too:

- \*Enjoy what you eat, but eat less of it!!
- \*Avoid really big portions of food
- \*Eat whole grains as much as possible
- \*Drink milk that's fat-free or low-fat (1%)
- \*Choose foods with lower sodium numbers
- \*Drink water instead of soda or other sugary drinks