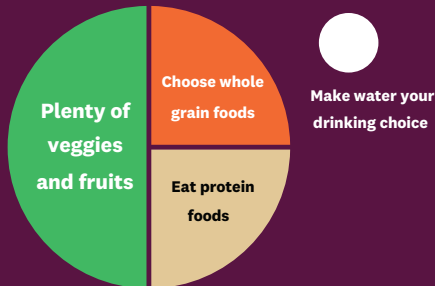


HEALTHY Eating

Patient Educational Handout



MyPlate



Eat a variety of healthy foods each day

A healthy dietary pattern can look different for everyone, but has some basic principles:



High in vegetables (at least 2 ½ cups), fruits (at least 2 cups), and whole grains (at least 3 ounces)



limited in sodium (less than 2300 mg a day), added sugar (less than 10% of total calories), saturated fat (less than 10% of total calories), and alcohol (less than 2 drinks a day for men and 1 a day for women)



Water is your primary choice of drink

To follow a healthy dietary pattern, MyPlate can be a useful tool. MyPlate can also be applied to eating out of a bowl, wrap, or even a cup! Think about the meals you eat and build one that follows the principle set by MyPlate: half fruits and vegetables, quarter grains, and quarter protein.

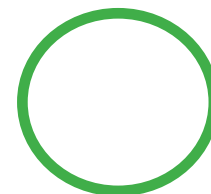
What does that meal look like for you in these different meal types? Show us below:



CUP



BOWL



WRAP

It is also important to understand that not every meal has to look perfectly like the MyPlate picture shown here. A healthy dietary pattern considers all the food and beverages consumed. A healthy dietary pattern includes balance and requires being able to maintain the habits long-term. At the end of the day with your food all added up, did you eat close to the ideas of healthy eating shown above?

Scan this QR code and watch a video on this topic.

