

Living Well Tip of the Week

USDA Introduces “**MyPlate**”. Simple Tips to Stay Healthy, Active and Fit!
(www.choosemyplate.gov)

**Take action on Dietary Guidelines by making changes in these three areas.
Choose steps that work for you and start today!**

✓ **Balancing Calories**

- ✓ Enjoy your food, but eat less.
- ✓ Avoid oversized portions.

✓ **Foods to Increase**

- ✓ Make half your plate fruits and vegetables.
- ✓ Make at least half your grains whole grains.
- ✓ Switch to fat-free or low-fat (1%) milk.

✓ **Foods to Reduce**

- ✓ Compare sodium in foods like soup, bread, and frozen meals — and choose the foods with lower numbers.
- ✓ Drink water instead of sugary drinks.



For more tips and assessments on nutrition, visit your Living Well Health Manager at
https://www.webmdhealth.com/ut/default.aspx?startid=1253*.

Also, learn more about the new USDA initiative go to www.choosemyplate.gov and the “Let's Move!” The First Lady's campaign to raise healthier kids at www.letsmove.gov.