EAT RIGHT
BITE BY BITE
National Nutrition Month®
March 2020

Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

Eat Right with MyPlate

Find your healthy eating style using these recommendations from the *2015-2020 Dietary Guidelines for Americans*.

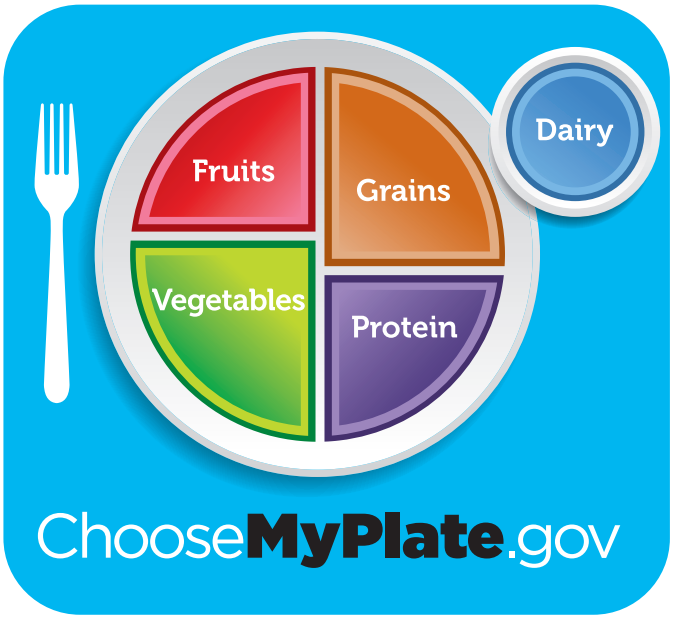
Simply start with small changes to make healthier choices you can enjoy.

Make half your plate fruits and vegetables: Focus on whole fruits.

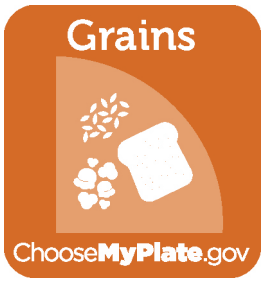
- Choose whole, cut or pureed fruits – fresh, frozen, dried or canned in 100% juice.
- Enjoy fruit with meals, as snacks or as a dessert.

Make half your plate fruits and vegetables: Vary your veggies.

- Try adding fresh, frozen or canned vegetables to salads, sides and main dishes.



- Choose a variety of colorful veggies prepared in healthful ways: steamed, sautéed, roasted or raw.

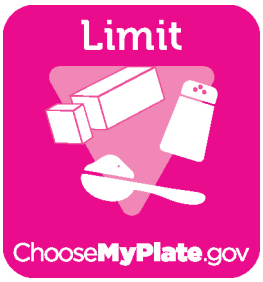


Make half your grains whole grains.

- Look for whole grains listed first or second on the ingredients list - try oatmeal, popcorn, whole-grain bread and brown rice.
- Limit grain desserts and snacks such as cakes, cookies and pastries.

Vary your protein routine.

- Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry.
- Try main dishes made with beans and seafood, like tuna salad or a bean chili.



Drink and eat less sodium, saturated fat and added sugars.

- Use the Nutrition Facts label and ingredients list to limit items high in sodium, saturated fat and added sugars.
- Choose vegetable oils instead of butter and oil-based sauces and dips instead of ones with butter, cream or cheese.
- Drink water instead of sugary drinks.

Find more healthy eating tips at:

- **www.eatright.org**
- **www.kidseatright.org**
- **www.ChooseMyPlate.gov**

Move to low-fat or fat-free milk or yogurt.

- Choose fat-free milk, yogurt and calcium-fortified soymilk to cut back on saturated fat.
- Replace sour cream, cream and regular cheese with low-fat or fat-free yogurt, milk and cheese.

For a referral to a registered dietitian nutritionist and for additional food and nutrition information visit www.eatright.org.

eat right.

The Academy of Nutrition and Dietetics is the largest organization of food and nutrition professionals. The Academy is committed to improving the public's health and advancing the profession of dietetics through research, education and advocacy.

This tip sheet is provided by:

Source: ChooseMyPlate.gov

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