

# Eat Right

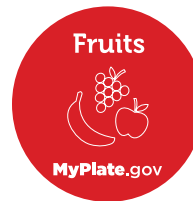
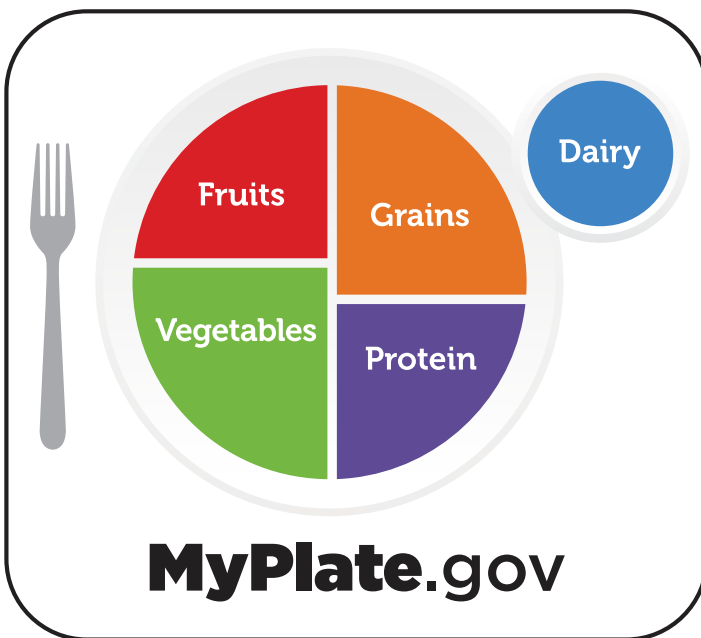
Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics



## Eat Right with MyPlate

Find your healthy eating routine using these recommendations from the *2020-2025 Dietary Guidelines for Americans*.

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



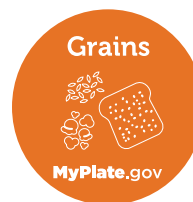
**Make half your plate fruits and vegetables:  
Focus on whole fruits.**

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



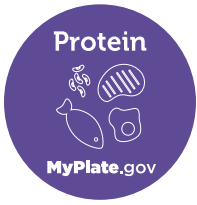
**Make half your plate fruits and vegetables:  
Vary your veggies.**

- 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 on the ingredients list - try oatmeal, popcorn, teff, quinoa, millet, bulgur, brown rice, or breads, crackers and noodles made with whole-grain flours.
- Limit grain desserts and snacks such as cakes, cookies and pastries.



### Vary your protein routine.

- Mix up your protein foods to include seafood, beans, peas and lentils, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry.
- Try meatless meals made with beans and have fish or seafood twice a week.



### Move to low-fat or fat-free dairy 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.



### Choose foods and beverages with less added sugars, saturated fat, and sodium.

- Use the Nutrition Facts Label and ingredients list to limit items high in saturated fat, sodium 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

## Start simple with MyPlate

Find more healthy eating tips at:

[www.eatright.org](http://www.eatright.org)

[www.kidseatright.org](http://www.kidseatright.org)

[www.myplate.gov](http://www.myplate.gov)

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**For a referral to a registered dietitian nutritionist and for additional food and nutrition information, visit [www.eatright.org](http://www.eatright.org).**

## **eat right.** Academy of Nutrition and Dietetics

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

This tip sheet is provided by:

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Authored by Academy of Nutrition and Dietetics staff registered dietitian nutritionists.

Sources: [MyPlate.gov](http://MyPlate.gov)

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