



U.S. Public Health Service Nursing

Tip of the Month

February TIP 2014

Build a Healthy Plate

Before you eat, think about what goes on your plate or in your cup or bowl. Foods like vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods contain the nutrients you need without too many calories.

Try some of these options.

- ◆ Make half your plate fruits and vegetables.
- ◆ Eat red, orange, and dark-green vegetables, such as tomatoes, sweet potatoes, and broccoli, in main and side dishes.
- ◆ Eat fruit, vegetables, or unsalted nuts as snack - they are nature's original fast foods.
- ◆ Switch to skim or 1% milk.
- ◆ Make at least half your grains whole.
- ◆ Choose 100% whole-grain cereals, breads, crackers, rice, and pasta.
- ◆ Check the ingredients list on food packages to find whole - grain foods.
- ◆ Vary your protein food choices.
- ◆ Twice a week, make seafood the protein on your plate.
- ◆ Eat beans, which are a *natural* source of fiber and protein.
- ◆ Keep meat and poultry portions small and lean.
- ◆ Choose foods and drinks with little or no added sugars.
- ◆ Drink water instead of sugary drinks. There are about 10 packets of sugar in a 12-ounce can of soda.
- ◆ Select fruit for dessert. Eat sugary desserts less often.
- ◆ Look out for salt (sodium) in foods you buy - it all adds up.
- ◆ Compare sodium in foods like soup, bread, and frozen meal - and choose the foods with lower numbers.
- ◆ Add spices or herbs to season food without adding salt.
- ◆ Eat fewer foods that are high in solid fats.
- ◆ Make major sources of saturated fats - such as cakes, cookies, ice cream, pizza, cheese, sausages, and hot dogs - occasional choices, not everyday foods.
- ◆ Switch from solid fats to oils when preparing food.
- ◆ Enjoy your food, but eat less.

For more information,
go to:

www.DietaryGuidelines.gov

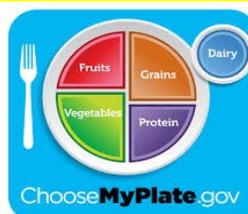
www.ChooseMyPlate.gov

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