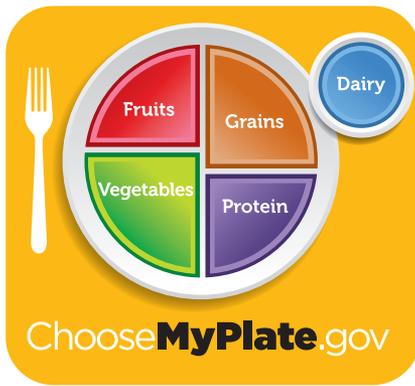




How to make **a healthy plate**



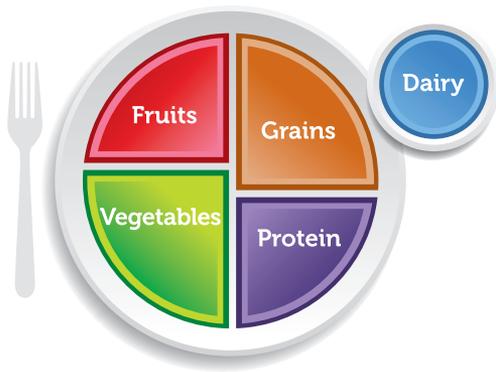
Helpful information
from your Stop & Shop
registered dietitians



Eating healthy starts with **what you put on your plate**

Learning to develop a healthy eating pattern is easier with guidance from your Stop & Shop registered dietitians and tools such as MyPlate. MyPlate can help you make healthful decisions about how to allocate the five food groups and beverages in each meal to give your body the nutrients it needs to maintain health and prevent chronic diseases.





Choose **MyPlate**.gov



Fruits

Try fresh, frozen or canned in water or 100% juice. Aim to have at least half of your fruit choices come from whole fruits. Add fruit to meals or enjoy it as a snack or dessert.



Grains

Make half your grains whole grains. Try oatmeal, brown rice, whole wheat bread or quinoa. Look for words like “whole wheat,” “100% whole grain” or “rolled oats” listed first or second on the ingredients list.



Vegetables

Choose a variety of colorful vegetables—dark green, red, orange, yellow and more. Enjoy fresh, frozen or canned, and try them in a variety of healthful ways such as steamed, roasted, sautéed or raw. For canned, look for “low sodium” or “no salt added.” For frozen, avoid those with added seasonings or sauces.



Protein

Mix up your diet to include a variety of proteins. The protein group includes meat, poultry, seafood, beans, peas, eggs, soy products, nuts and seeds. Focus your plate on lean proteins such as chicken, turkey breast and fish. Baking, broiling and roasting are healthy cooking techniques for protein.



Dairy

Focus on milk products that contain calcium, including milk, yogurt, cheese and calcium-fortified soy beverages. To limit saturated fat, choose low-fat or fat-free milk, yogurt and cheese.

Fruits and vegetables:

Aim for half of every plate to be fruits and vegetables. The more color you add to your plate, the more vitamins, minerals and fiber your body will get as you eat.

Beverages: Choose water over soda, energy drinks, sports drinks or juice. Water is calorie-free and necessary for staying hydrated.

Physical activity: Adults should aim to be physically active at a moderate level for at least 30 minutes every day. Talk with your physician before starting a new exercise routine.