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Switch to skim or 1% milk.
- The same amount of calcium and other essential nutrients as whole milk, but less fat and calories.

Make half your plate fruit and vegetables.
- Choose fresh, frozen, canned, or dried fruits.
- Use fruit as snacks, salads or desserts.
- Choose whole or cut-up fruits more often than fruit juices.

Make half your plate vegetables and fruit.
- Choose fresh, frozen, canned, or dried vegetables.
- Keep raw, cut-up vegetables handy for quick snacks.
- Eat red, orange, and dark green vegetables, such as tomatoes, sweet potatoes, and broccoli, in main and side dishes.

Vary your protein food choices.
- Try grilling, broiling, poaching, or roasting. These methods do not add extra fat.
- Choose a variety of foods including seafood, beans, and peas, nuts, lean meats, poultry, and eggs.
- Keep meat and poultry portions small and lean.

Make at least half your grains whole.
- Choose 100% whole-grain cereals, breads, crackers, rice, and pasta.
- Check the ingredients list and food packages to find whole-grain foods.

Cut back on foods high in solids fats, added sugars, and salt.
- Choose foods and drinks with little or no added sugars.
- Look out for salt (sodium) in foods you buy.
- Eat fewer foods that are high in solids fats.

Eat the right amount of calories for you.
- Cook more often at home, where you are in control of what’s in your food.
- When eating out, choose lower calorie menu options.
- Enjoy your food, but eat less.

Be physically active your way.
- Pick activities that you like and start by doing what you can, at least 10 minutes at a time.
- Every bit adds up, and the health benefits increase as you spend more time being active.

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