

## Smart Servings

### Smart Servings on MyPlate



**Let your eyes be your guide! The MyPlate food symbol, a place setting, encourages smart servings and healthy food choices.**

**MyPlate makes it easy to recognize a healthy serving size!**

**Imagine filling YOUR meal plate:**

- ½ full of colorful broccoli, bright carrots and red cherries
- ¼ full of whole grain pasta or brown rice
- ¼ full of grilled chicken or fish
- Then adding a glass of low-fat milk or small cup of yogurt



**It's as simple as that!**

**Check the LOOK of your plate.**

At the next meal, challenge family members to use the **MyPlate** symbol to fill their plates. Check to see if any food section is missing or looks bigger or smaller than **MyPlate** suggests.

**Be a family that does get enough fruits & veggies.**

Fill half your plate! At least 5 fruit and veggie choices a day is a good rule. Check MyPlate.gov for exact amounts based on calorie needs according to age, gender and activity level.

**Watch those fats and added sugars.**

Fats and added sugars can add up fast in lunch meats, bacon, soda, bakery sweets and candies. Follow **MyPlate's** suggestion to "Enjoy your food, but eat less" and eat them less often.

**Use these tips to choose smart servings!**

- Use the **MyPlate** symbol to guide meal food choices and amounts.
- Enjoy your food, but eat less. Slow down when eating and listen to your body naturally tell you when it's full.
- Avoid oversized portions. When eating out, order regular-sized food choices.
- Read and follow food label serving size information for snacks and meals.

