

MyPlate, My Health

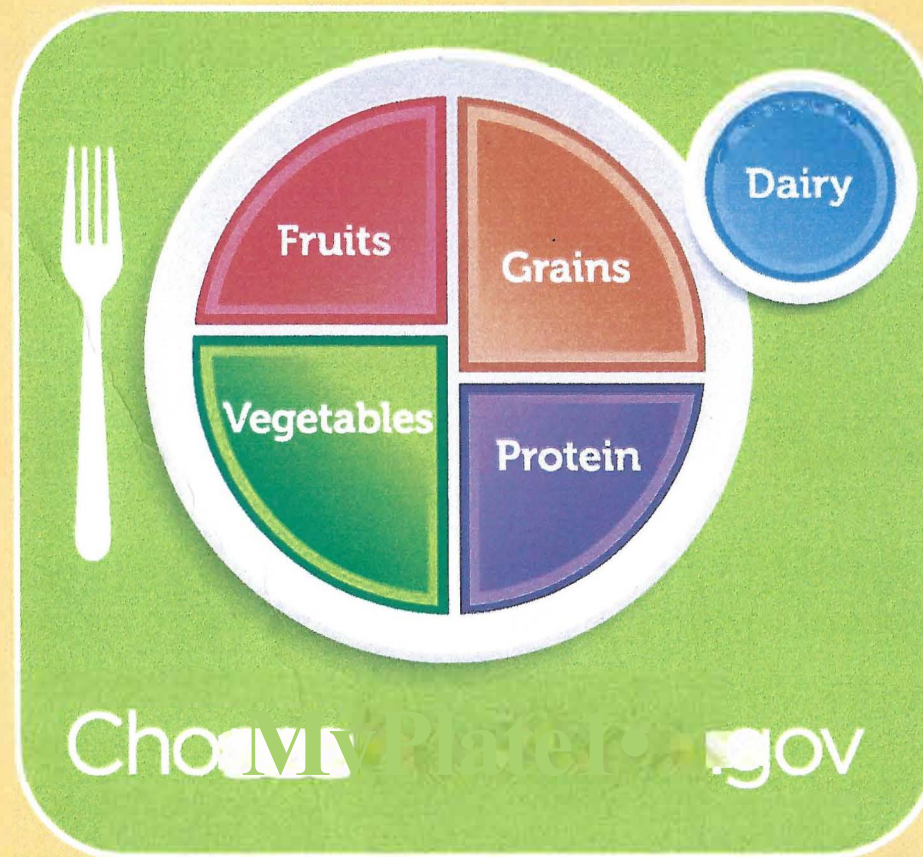
Your food and physical activity choices each day affect your health-how you feel today, tomorrow and in the future. These tips and ideas are a starting point. Choose a change that you can make today, and move toward a healthier you.

- Find your balance between food and physical activity

- Focus on fruit

- Vary your veggies

- Keep food safe to eat



- Get your calcium-rich foods

- Make at least half your grains whole grains

- Go lean with protein

Make physical activity a regular part of your day.

Choose activities you enjoy and can do regularly, whether it's swimming, yoga, dancing or soccer. And, encourage your family and friends to move with you. Every little bit adds up and doing something is better than doing nothing.