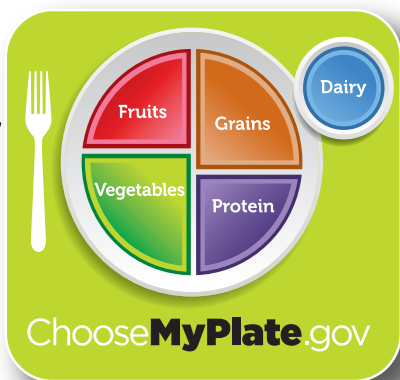


# Build a Healthy Plate



## **Make half your plate veggies and fruit**

See the reverse side of this card to choose a rainbow of colorful veggies and fruit.

## **Go lean with protein**

Vary your choices with lean meats, poultry, beans, peas, nuts and seeds. Twice a week, make fish the protein on your plate.

## **Aim for at least 3 whole grains a day**

Look for "100% whole grain" or "100% whole wheat" on the food label.

## **Don't forget the dairy**

Have three servings of calcium-rich, fat-free or low-fat milk or dairy products each day.

## **Avoid extra fat, added sugars and salt**

Look for foods low in saturated fats and trans-fats. Choose and prepare foods and beverages with little salt and/or added sugars.

## **Use small plates to help with portion control**

Finish your entire plate and feel satisfied without overeating.

**Drink eight cups of liquid daily** whether or not you're thirsty.

Use **MyPlate.gov** to guide your food choices and make a big difference in your well-being.



# Eat Your Colors

It's not just a matter of eating more vegetables and fruit. Choosing a variety of different colored produce is important as well.



**Green** produce indicates antioxidant potential and may help promote healthy vision and reduce cancer risks. Choose peas, broccoli, cucumber, zucchini, green apples and honeydew.

**Orange** and deep **yellow** fruits and vegetables contain nutrients that promote health vision and immunity, and reduce the risk of some cancers. Choose sweet potatoes, yellow corn, pumpkin, carrots, peaches, cantaloupe and nectarines.

**White, tan** and **brown** foods sometimes contain nutrients that may promote heart health and reduce cancer risks. Choose pears, cauliflower, mushrooms, garlic, onions, parsnips, turnips and potatoes.

**Purple** and **blue** options may have antioxidant and anti-aging benefits and may help with memory, urinary tract health and reduced cancer risks. Choose grapes, plums, eggplant, blueberries, blackberries, purple cabbage and purple potatoes.

**Red** produce may help maintain a healthy heart, vision, immunity and may reduce cancer risks. Choose beets, watermelon, tomatoes, cherries, red grapes, red peppers and rhubarb.



VIRGINIA DEPARTMENT FOR AGING  
AND REHABILITATIVE SERVICES

Office for Aging Services

Toll-Free: (800) 552-3402 | Videophone: (804) 325-1316

[aging@dars.virginia.gov](mailto:aging@dars.virginia.gov) | [www.vda.virginia.gov](http://www.vda.virginia.gov)