

Dish Up a Healthy Dinner Plate

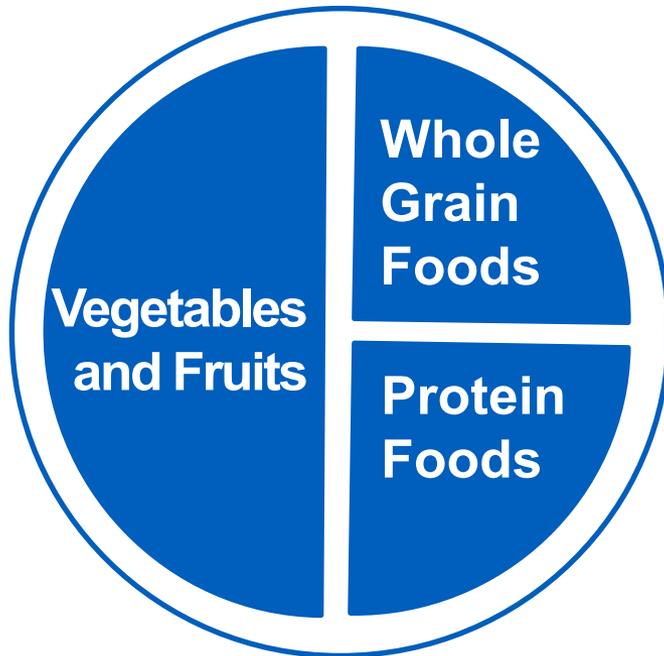
Use the Eat Well Plate

- Make $\frac{1}{2}$ your plate vegetables and fruits.
- Choose whole grains such as barley, brown rice and oats at each meal.
- Include protein foods like legumes, lean meats and lower fat yogurt.



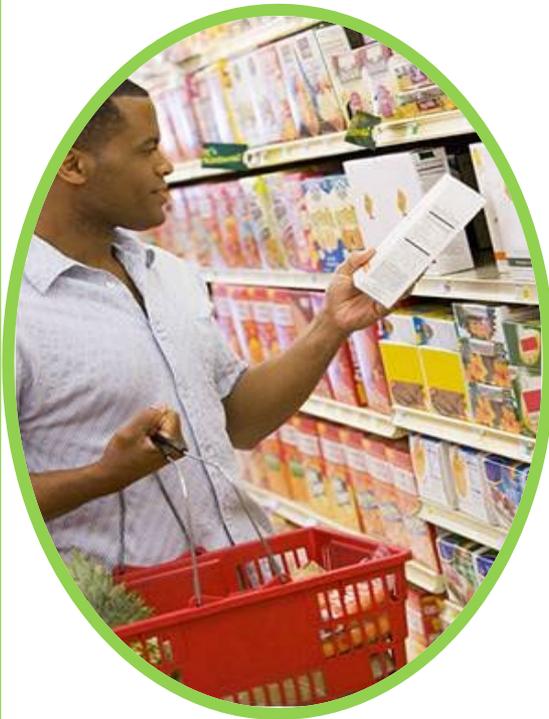
Quick and Easy Meals

Meal Ideas



- Whole grain toast with peanut butter, a banana, and a glass of milk.
- Grilled or barbequed salmon, brown rice, and steamed vegetables.
- Homemade raisin bran muffin, hardboiled egg.
- Whole grain pasta with ground turkey and tomato sauce, and mixed green salad, yogurt, and an apple.

Hold the Salt



- Read the Nutrition Facts table and choose foods that have less than 15% Daily Value (DV) for sodium.
- Buy low sodium varieties of condiments and use small amounts.
- Cook without adding salt.
- Eat less packaged and/or processed foods.