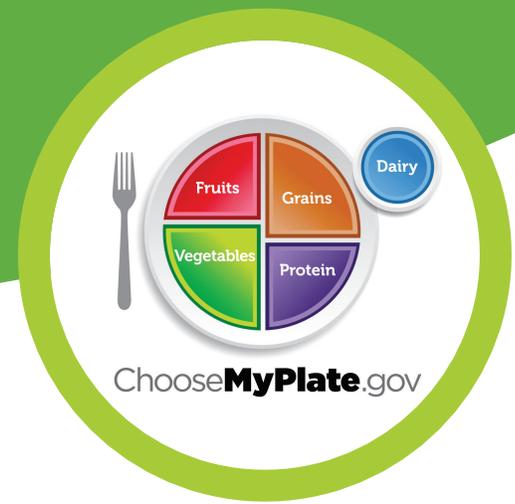


# Start eating better... The easy way!



Remember the complicated food pyramid we were all taught in school? Well forget it! The USDA has new guidelines for healthy nutrition. It's called **ChooseMyPlate**, and it gives you a common sense plan that's easy to follow and remember:

## 1. Cover half of your plate with fruits and vegetables.

- Keep fruit visible on the table, on the counter or in the refrigerator.
- Buy fruit in season to save money.
- Choose colorful veggies—they are usually more nutritious.
- Stock up on frozen veggies for easy preparation.

## 2. Make at least half of your grains whole.

- Try brown rice or whole wheat pasta instead of white rice or white pasta.
- Color is not an indication of a whole grain—read labels carefully to find whole grains.
- Substitute whole wheat flour into recipes.

## 3. Go lean with protein and dairy.

- Choose lean cuts of beef and pork, skinless chicken and turkey, and fish.
- Skip the meat and make beans your protein source at one meal a week.
- Trim away any visible fat from meats before cooking.
- Switch to low-fat or fat-free dairy products.

It's the perfect time to start eating better! Stock up on the right foods and follow the guidelines above. Make this the year you really commit to better health!



The information is general in nature and is not a substitute for professional health care. It is not meant to replace the advice or care you get from your doctor or other health care professionals. If you have specific health care needs or for complete health information, please see your doctor or other health care provider.

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