



## Seven tips for preparing a healthy plate of food, from Myplate.gov:

1. **Fruits and Veggies Dominate:** Fruits and vegetables fill nearly half of the retooled MyPlate. Dark, leafy vegetables are particularly rich in nutrients, are a very important source of fiber.
2. **Red and Orange Vegetables:** acorn squash, bell peppers, butternut squash, carrots, red peppers, sweet potatoes, tomatoes.
3. **Beans and Peas:** black beans, chick peas, edamame, hummus, kidney beans, lentils, navy beans, pinto beans, white beans.
4. **Colorful choices are healthy:** Whole Fruits and vegetables with deeply colored flesh are best. Berries, which may protect aging brains are part of the MyPlate picture.
5. **Healthy oils for healthy fat:** Liquid vegetable oils and soft margarine fill the center MyPlate circle. That's because they provide an important source of fatty acids and some fat-soluble vitamins.
6. **Dairy Group:** milk, milk based desserts, yogurts and cheese.
7. **Don't forget fluids:** Water, tea, soups, and fruits and vegetables provide essential fluid. There can be a disconnect between thirst and hydration. When we're younger, we get thirsty when we need fluid, "When we get older, that's not always the case.