



Eat Healthier With These Tools



PLANNING

Plan for the week with USDA's MyPlate in mind. Think about how you can cover all of the five food groups. Consider meals you might cook.



SHOPPING

Find the food that's right for you by comparing different items using the Nutrition Facts label. Choose items higher in vitamins, minerals, and fiber and lower in saturated fat, sodium, and added sugar.

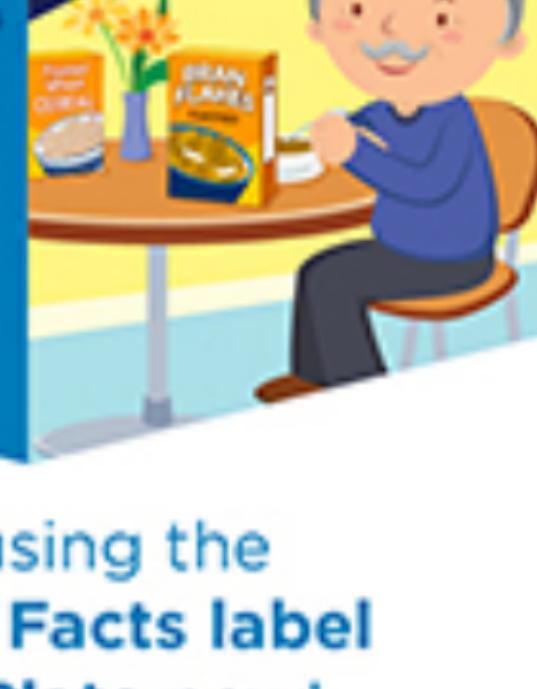


COOKING

Use MyPlate to think about how to make your meal as complete as possible. For example, if you are making pasta, add veggies to your dish and cut up fruit for dessert.

EATING

Look at the Nutrition Facts label to track calories and use serving information to help you choose the right portion sizes for you.



Start using the Nutrition Facts label and MyPlate now!

You may have heard that the Nutrition Facts label is getting an update. The new label is already starting to appear on products nationwide.

For more information visit

www.fda.gov/nutritioneducation

and www.choosemyplate.gov