



Choose **MyPlate**.gov

Portions of fruits, vegetables, protein and grains should match the sizes above.



Instead of frying foods, try grilling, baking or broiling them to reduce calories and fat.

Balance your plate with fruits, vegetables, grains and protein like the plate shown on the left!

You can use a salad plate in place of a larger dinner plate to help control portion sizes.



Drink plenty of water. Water helps the body eliminate waste. If you are trying to lose weight, you can replace sugary beverages with water to reduce your calorie intake. You can also try drinking a glass of water before each meal which will help you feel full more quickly.



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