



Take action on the Dietary Guidelines by making changes in these [three](#) areas:

Balancing Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

Food to Increase

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

Food to Reduce

- Compare sodium in foods like soup, bread, and frozen meals—and choose the foods with lower numbers.
- Drink water instead of sugary drinks.

To learn more about the new *MyPlate* icon and get help in building a healthy plate at mealtime, visit [ChooseMyPlate.gov](#)