

Build a Healthy Plate

A healthy plate starts with more vegetables and fruit and smaller portions of protein and grains.

Make half your plate veggies and fruit. See the reverse side of this card to choose a rainbow of colorful veggies and fruit.

Go lean with protein. Vary your protein choices with lean meats, poultry, beans, peas, nuts and seeds. Twice a week make fish the protein on your plate.

Make half your grains whole. Aim for at least 3 whole grains a day. Look for “100% whole grain” or “100% whole wheat” on the food label.

Don't forget the dairy. Have 3 servings of calcium-rich, fat-free or low-fat milk or dairy products each day.

Avoid extra fat, added sugars, and salt. Look for foods low in saturated fats and trans-fats. Choose and prepare foods and beverages with little salt and/or added sugars.

Use a smaller plate to help with portion control. Finish your entire plate and feel satisfied without overeating.

Drink eight cups of liquid daily – whether you're thirsty or not.

Using MyPlate to guide food choices makes a big difference in our well-being!



Eat Your Colors

It's not just a matter of eating more vegetables and fruit; choosing a variety of different colored produce is important as well.

Green produce indicates antioxidant potential and may help promote healthy vision and reduce cancer risks

Choose Peas, Broccoli, Cucumber, Zucchini, Green Apples, and Honeydew



Orange and deep yellow fruits and vegetables contain nutrients that promote healthy vision and immunity, and reduce the risk of some cancers

Choose Sweet Potatoes, Yellow Corn, Pumpkin, Carrots, Peaches, Cantaloupe, and Nectarines



White, tan, and brown foods sometimes contain nutrients that may promote heart health and reduce cancer risks

Choose Pears, Cauliflower, Mushrooms, Garlic, Onions, Parsnips, Turnips, and Potatoes



Purple and blue options may have antioxidant and anti-aging benefits and may help with memory, urinary tract health and reduced cancer risks

Choose Grapes, Plums, Eggplant, Blueberries, Blackberries, Purple Cabbage, Purple Potatoes



Red indicates produce that may help maintain a healthy heart, vision, immunity and may reduce cancer risks

Choose Watermelon, Beets, Tomatoes, Cherries, Red Grapes, Red Peppers, and Rhubarb



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