

NUTRITION - MINDFUL EATING

● THE EASIER WAY TO EAT HEALTHFULLY IN COLLEGE! ●

BEFORE YOU EAT, THINK!

MyPlate is a simple tool to help you build a healthier meal. MyPlate illustrates the five food groups that are the building blocks for a healthy diet - fruits, vegetables, grains, protein foods, and dairy groups. Before you eat, visually divide your plate into quarters and fill in the gaps with each of the food groups. That's it! Now you have a healthier meal. To make it even more healthy, make sure you have lots of different colors on your plate!

For more information as well as tools to help you eat healthier visit ChooseMyPlate.gov.

