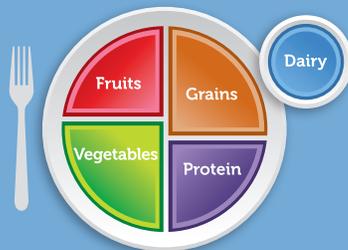




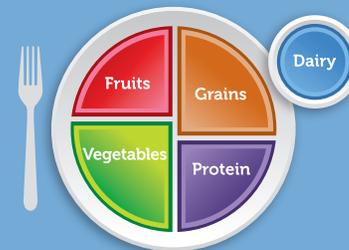
Make Each Plate a Healthy Plate

Make half your plate vegetables and fruits, add lean protein, include whole grains and don't forget the low-fat dairy.



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Eating a healthy, balanced diet will provide your body with the nutrition that it needs to work properly. It can also help with weight control.

Fruits
Eat whole fruit instead of drinking juice.

Grains
Eat more **whole** grains:

- Whole grain cereals
- Whole wheat bread
- Barley
- Wild rice
- Quinoa
- Oats

Vegetables
Eat more red, orange and dark green vegetables like tomatoes, sweet potatoes and broccoli.

Protein
Choose lean protein:

- Nuts & nut butters
- Chicken
- Fish
- Soy foods
- Lentils
- Beans

Water
Water First for Thirst! Drink water instead of sugary drinks like soda pop, sports drinks and fruit drinks.

Dairy
Have a cup of fat-free or low-fat dairy foods with each meal.

Columbus Public Health
240 Parsons Ave, Columbus, OH 43215
www.publichealth.columbus.gov



Funded by the Preventive Health and Health Services Block Grant from the Centers for Disease Control and Prevention (CDC) and administered by the Ohio Department of Health, Division of Prevention and Health Promotion, Bureau of Healthy Ohio, Creating Healthy Communities Program. This resource was supported by Grant Number O2520014CC0615 from CDC. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC.

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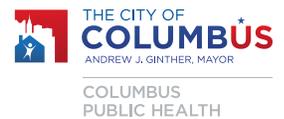
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