Keep Eating Well

Eating well is about making food choices for a healthy lifestyle—not about being on a diet.

Every day:

- Eat a variety of vegetables.

- Eat calcium-rich foods, such as milk, yogurt, and cheese.

- Eat a variety of fruits.

- Choose whole grain foods.

- Eat healthy proteins, such as lean meats, nuts, and beans.

Find out more at MyPlate.gov.

Coma sanamente

Comer sanamente implica tomar decisiones sobre los alimentos para tener un estilo de vida saludable, no estar a dieta.

Todos los días:

- Consuma verduras variadas.

- Consuma alimentos ricos en calcio, como leche, yogur y queso.

- Coma frutas variadas.

- Elija alimentos integrales.

- Consuma proteínas saludables, como carnes magras, nueces y frijoles.

Obtenga más información en MyPlate.gov.