



Why are Fruits and Vegetables Good for Me?

- Fruits and vegetables keep your body healthy.
- Eating fruits and vegetables can help protect you from heart disease and diabetes.

How Much Do I Need?

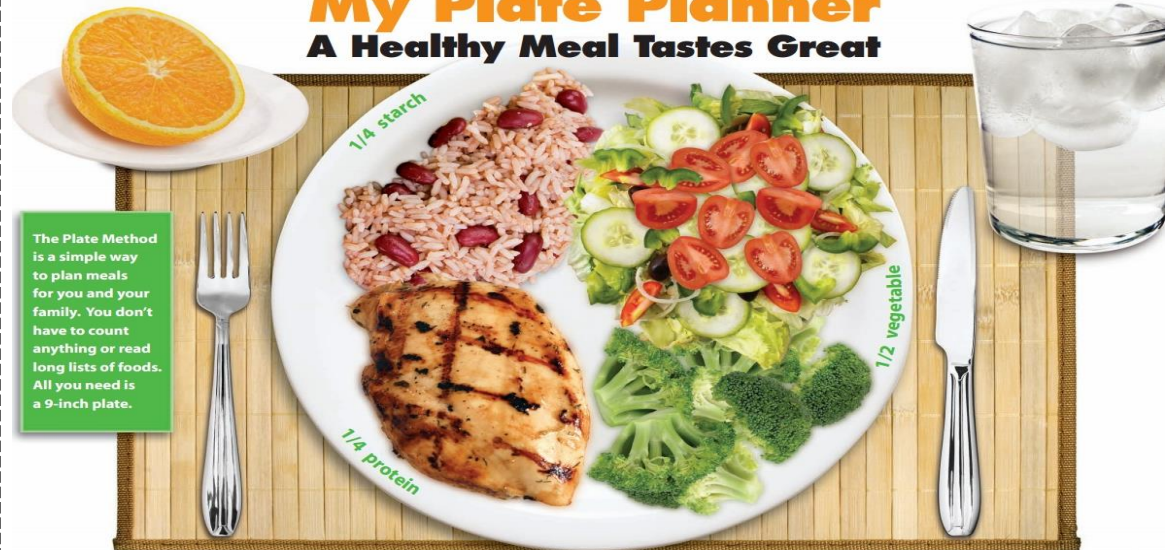
- Use My Plate Planner to help you plan your meals.
- Half of your plate should be vegetables and fruit.
- Use the picture on the right as a guide for your family.

☑ Tips for Adding Color to your Plate

(Check once you have tried each of the following):

- Try eating at least 2 vegetables with lunch and dinner.
- Pack carrots, cucumbers, raisins, or an apple for on-the-go snacks.
- Start one meal a day with a salad.
- Try a new fruit or vegetable each week.
- Make frozen bananas: peel, freeze, and eat!
- Make smoothies by mixing frozen fruit and low-fat (1%) yogurt or milk.
- Use the My Plate Planner as a guide.

My Plate Planner A Healthy Meal Tastes Great



The Plate Method is a simple way to plan meals for you and your family. You don't have to count anything or read long lists of foods. All you need is a 9-inch plate.

Taken from the NYC Department of Health & Mental Hygiene's My Plate Planner

This information is brief and general. It should not be the only source of your information on this health care topic. It is not to be used or relied on for diagnosis or treatment. It does not take the place of instructions from your doctor. Talk to your health care providers before making a health care decision.