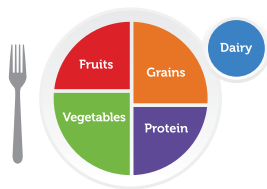


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# Healthy Eating for Young Adults

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



## Maintain a healthy diet

Follow the basics of healthy eating: eat fruits, vegetables, whole grains, protein foods, and fat-free or low-fat dairy or fortified soy alternatives. Vary your protein with seafood, lean meats, poultry, beans, peas, lentils, nuts, and eggs.



## Keep fruit handy

Keep fruit where you can see it—on the counter or on the top shelf of the fridge. Make it easy to reach for fruit when you need a snack.



## Choose a variety of vegetables

Brighten a stir-fry with colorful vegetables, such as (orange) sweet potatoes, (red) cabbage, and (yellow) squash. Decorate a salad with (orange) shredded carrots and (green) edamame.



## Include whole grains

Fuel your body with nutrient-packed whole-grain foods. Make at least half your grains whole grains, such as whole-wheat bread, cereal, and, yes, even popcorn!



## Enjoy a variety of protein foods

Choose lean or low-fat cuts of meat, skinless chicken or turkey, and seafood (at least twice a week). Plant-based foods such as beans, peas, and lentils are good choices, too.



## Don't forget dairy

Include foods like fat-free and low-fat dairy milk, yogurt, lactose-free versions, or calcium-fortified soy beverage to help to build and maintain strong bones.