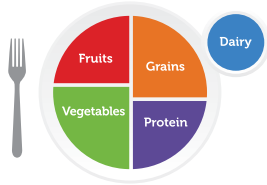


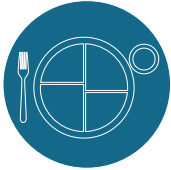


Start *simple*  
with **MyPlate**



# Healthy Eating for 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:



## Eat a healthy diet

Fruits, vegetables, whole grains, protein foods, and fat-free or low-fat dairy or fortified soy alternatives are healthy choices. Include a variety of protein foods such as seafood, lean meats, poultry, beans, peas, lentils, nuts, and eggs.



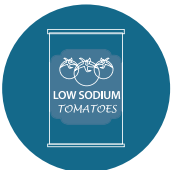
## Enjoy fruits and vegetables

No matter your age, fruits and veggies provide key nutrients and dietary fiber. Their colors, flavors, and textures make meals more enjoyable.



## Be mindful of your nutrient needs

Focus on dietary changes that increase your dietary fiber, calcium, and vitamin D, and decrease added sugars, saturated fat, and sodium. Make the best choice for your needs by comparing nutrition and ingredients information by reading the [Nutrition Facts label](#).



## Go easy on the salt

Choose fresh foods when possible or low-sodium packaged foods. Add flavor to foods with spices and herbs and skip the salt shaker at the table.



## Shift your sweet tooth

Choose foods with little or no added sugars and drink water or unsweetened sparkling water in place of soda or juice. Fruits are naturally sweet and packed with nutrients.



## Strive for a healthy weight

Make food and beverage choices from all five food groups to achieve or maintain a healthy weight. Get the [MyPlate Plan](#) to find out what is right just for you.

