

# Building a Healthy Plate

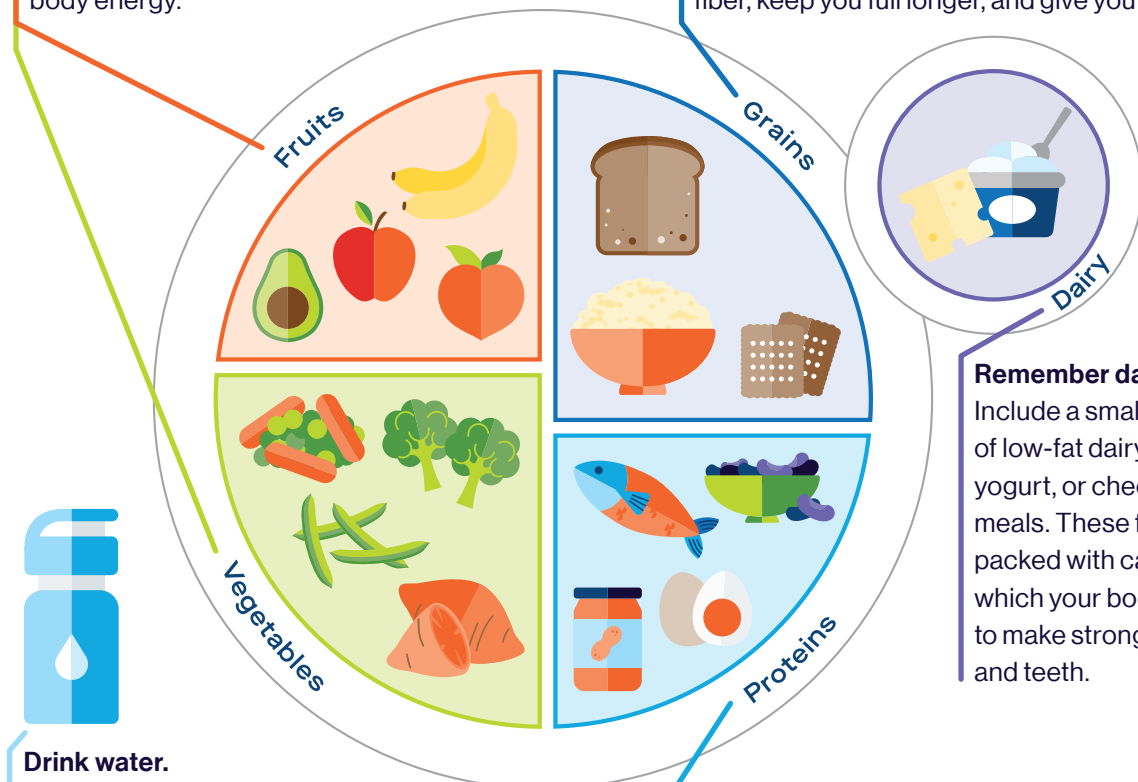
Eating a balanced mix of foods from different food groups gives your body the nutrients it needs to stay healthy.

## Make half of your plate fruits and vegetables.

They give your body important vitamins and minerals that help you stay strong and give your body energy.

## Make a quarter of your plate grains.

Choose whole grains like brown rice, whole wheat bread, or oats. Whole grains give your body more fiber, keep you full longer, and give you energy.



## Remember dairy.

Include a small serving of low-fat dairy like milk, yogurt, or cheese at meals. These foods are packed with calcium, which your body needs to make strong bones and teeth.

## Drink water.

Drink water with your meal instead of sugary drinks. Water keeps you hydrated and helps your body work well.

## Make a quarter of your plate lean protein.

Protein can be from animals or plants. Protein keeps your body strong and keeps you full longer.

## Add a small amount of healthy fats.

Include healthy fats like those from olive oil, nuts, seeds, and avocado. Fats add flavor and vitamins to the meal, and they can help keep you full.

For more information: [www.greauxhealthy.org](http://www.greauxhealthy.org)

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