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NAME \_\_\_\_\_  
PERIOD \_\_\_ DATE \_\_\_\_\_

# DIETARY GUIDELINES

## BALANCE CALORIES:

1. ENJOY YOUR \_\_\_\_\_, BUT EAT \_\_\_\_\_.
2. AVOID OVERSIZED \_\_\_\_\_.

## FOODS TO INCREASE:

1. MAKE HALF YOUR PLATE \_\_\_\_\_ AND \_\_\_\_\_.
2. SWITCH TO \_\_\_\_\_ OR \_\_\_\_\_ MILK.
3. MAKE AT LEAST HALF YOUR GRAINS \_\_\_\_\_.

## FOODS TO REDUCE:

1. COMPARE \_\_\_\_\_ IN FOODS LIKE SOUP, BREAD, AND FROZEN MEALS AND CHOOSE THE FOODS WITH \_\_\_\_\_
2. \_\_\_\_\_  
DRINK WATER INSTEAD OF \_\_\_\_\_ DRINKS.