Choose foods with fewer calories per bite. Follow *MyPlate for Moms* to eat the healthy food you need from each group. Limit foods that add extra calories and few nutrients to your diet.

*Check off each tip you are doing already and circle the tip you are willing to try.*

**Vegetables and fruits:** Aim for at least three cups of colorful vegetables and two cups of fruit each day. Try these tips:
- ☐ Eat fresh vegetables and fruits for meals and snacks
- ☐ Limit starchy vegetables like potatoes to one or two servings per day
- ☐ Eat baked or boiled potatoes instead of french fries
- ☐ Limit fruit juice to 1/2 cup each day
- ☐ Buy frozen vegetables with no sauces and fruits packed in juices not syrups
- ☐ Eat plenty of salad and limit dressings to 1 tablespoon

**Milk:** Get three servings of milk and milk products each day with fewer calories:
- ☐ Nonfat or 1% (skim) milk or low fat soy milk
- ☐ Low fat cheese and cottage cheese
- ☐ Yogurt with less fat and sugar

**Meat and beans:** Select 6 to 7 ounces from these low fat choices:
- ☐ Fish and water-packed tuna
- ☐ Flank or round steak, lean or extra lean ground beef (15% fat). Regular hamburger is 30% fat.
- ☐ Any kind of beans, such as pinto, black, or kidney beans made without lard or fat
- ☐ Tofu or other vegetarian protein foods
- ☐ Extra lean or 97% fat free meats. Eat less bologna, bacon, sausage, and canned meat
- ☐ Chicken and turkey without skin
- ☐ Broil, barbeque, or bake meats, poultry, and fish to cut fat calories in half

**Grains, breads, cereals:** Make your 6 to 8 grain servings high fiber and low fat:
- ☐ Try whole grain rice, pasta, and noodles. Read the label and look for the words “whole grain”.
- ☐ Try bran cereal and oatmeal for fiber and fullness
- ☐ Watch serving sizes: 1 ounce bread or tortilla, 1/2 cup rice or pasta and 3/4 cup cereal count as one serving. A large bagel counts as four servings. Limit daily servings to seven to eight.
- ☐ Try low fat crackers like rice crackers or baked crackers
- ☐ Make pastries, cakes, and cookies “once in a while” foods
- ☐ Steam or boil rice, noodles, and grains. Frying adds fat.
- ☐ Substitute tomato sauce or light sauces on pasta and noodles. Cream and white sauces are high in fat.
Oils: You need to eat 6 teaspoons of healthy plant oils each day. Limit fats from animals; they are not as healthy for you and they add fat and calories to your food. Try to:

☐ Use less animal fats like butter, lard, cream and half and half
☐ Look for the words low fat, lean, extra lean, and fat free on food labels
☐ Make more food from scratch. Processed food can be high in fat, sugar and sodium.
☐ Eat less fast food. When you do dine out, choose the lower calorie items.
☐ Use spray oils when cooking
☐ Stir fry meats and vegetables to use less oil than deep frying
☐ Use herbs and spices and small amounts of fat to flavor food

Here are more ideas to try. Check off the ideas that will help you the most:

☐ Record everything you eat and drink for three days and compare your intake to MyPlate for Moms. Writing down what you eat may help you make healthier choices.
☐ Set two or three daily goals for healthy eating to maintain weight. Write these goals down and share them with someone who can support you.
☐ Drink plenty of water every day instead of soda or fruit drinks
☐ Drink decaffeinated coffee drinks with nonfat milk and limit sweeteners and cream
☐ Eat slowly and chew each bite of food well
☐ Sit down at a table when you eat. Try not eat in cars, sitting on the couch, or on the go.
☐ If you are stressed and upset, talk to someone instead of eating when you are not hungry
☐ When you eat, simply eat and enjoy your food. Try not to watch TV, read, or study while eating. Eat with friends and family when you can.
☐ Eat only when you are hungry. Listen to your body to tell you when you are full.
☐ Try to stay away from junk foods like sodas, candy, cakes, chips, punch, Kool-Aid®, donuts and popsicles. Pick a healthier choice like calorie-free fruit flavored water, crunchy fruits and vegetables, and air popped popcorn.
☐ Enjoy sweet foods, chips, and fries as “once in a while” foods