

# ***BETter Living ...***

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## **Eat a Colorful Plate**

Have you ever been told to eat a variety of colors? This is referring to the types and kinds of foods you consume. March is National Nutrition Month. This month encourages us to review what we are eating.

Throughout the years, there have been many different models that the government has provided to help guide us in what foods we should eat, such as the food guide pyramid. The current model is called: MyPlate. Below are some tips to help you select the correct foods:

- Make half your plate fruits and vegetables – eat all colors of the rainbow
- Consume low-fat dairy products
- Make at least half your grains whole
- Vary your protein sources
- Reduce your intake of foods high in fat, added sugars, and salt
- Select beverages with the least amount of calories – water is the best option
- Remember to keep your food safe through correct handling procedures

Nutrition is one aspect of a healthy lifestyle. By adding physical activity to your daily routine, you can improve your overall health. Next time when you get ready to fix your plate, think about the tips provided above and hopefully you will choose the healthy option.

For more information, please visit: [www.choosemyplate.gov](http://www.choosemyplate.gov), or you can contact the Extension Office: (785) 765-3821.