



Take Action on the Dietary Guidelines by making changes in these 3 areas:

Balancing Calories

- Enjoy your food, but eat less
- Avoid oversized portions

Foods to Increase

- Make $\frac{1}{2}$ your plate fruits and vegetables
- Make at least $\frac{1}{2}$ your grains whole grains
- Switch to fat free or low-fat(1%) milk

Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals-choose the foods with the lower numbers
- Drink water instead of sugary drinks

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