

# Some Tips to Build a Healthy Meal

**Makes:** 1 Servings

From 10 Tips Nutrition Education Series

## **1. Make half your plate veggies and fruits**

Vegetables and fruits are full of nutrients and may help to promote good health. Choose red, orange, and dark green vegetables such as tomatoes, sweet potatoes, and broccoli.

## **2. Include whole grains**

Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

[choosemyplate.gov/healthy-eating-tips/ten-tips.html](http://choosemyplate.gov/healthy-eating-tips/ten-tips.html)