




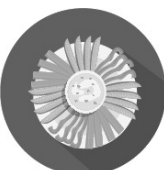


Making MyPlate, MyWins

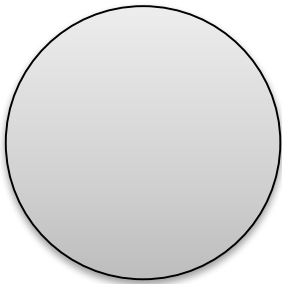
Eating healthy starts with small changes.

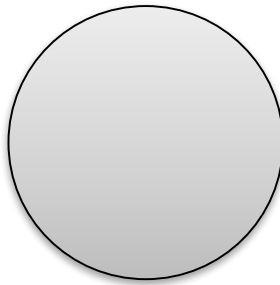
Directions:

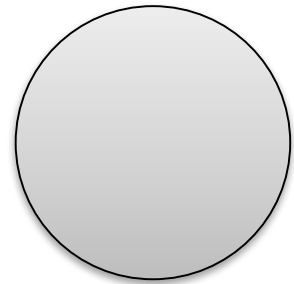
1. Go to www.choosemyplate.gov/myplate-tip-sheets where you will find numerous links to “tip” sheets for better eating in various situations.
2. Explore the MyPlate, MyWin Tips. Record the tips below that are associated with the following icons. Note that you may find the icon more than once.

Create your own *MyPlate, MyWins* tips. Identify 3 small changes you can make in your eating habits. Draw a picture in the circle, write a title, and include a short description of how to make a healthy shift.







Making MyPlate, MyWins

Eating healthy starts with small changes.

Directions:

1. Go to: www.choosemyplate.gov/make-small-changes
2. Watch two of the five videos (Beverages, Breakfast, Lunch, Dinner, or Snacks). Write down the title and three things you learned in each video.

Video 1:



Video 2:



Example:



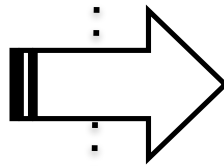
Chicken Salad Sandwich



½ Chicken Salad Sandwich with a Small Side Salad

Calories	Saturated Fat	Sodium	Added Sugars	Calories	Saturated Fat	Sodium	Added Sugars
525	5g	877mg	3g	328	3g ↓	605mg ↓	3g

Choose a food you love to eat that is less-than-healthy. Research its nutrition content and find a way to make it healthier. Record what you learn by creating an info graphic illustrating the “before” and “after.”



Calories	Saturated Fats	Sodium	Added Sugar	Calories	Saturated Fats	Sodium	Added Sugar