Goal: Increase fiber in your diet

- Fruits, vegetables, beans, lentils, nuts, seeds and whole grains are great sources of fiber.
- Drink plenty of water if increasing your fiber intake to help your body adjust to new fiber levels.
- Exchange white bread with whole wheat bread, add vegetables to sandwiches and pasta dishes, make a fruit smoothie, and add some beans into your next salad.
- Whole grains and beans have the most fiber so small changes make all the difference!
Goal: Lower sodium and processed foods

- Season your food using herbs, citrus juices and vinegars instead of reaching for the saltshaker. Check food labels for sodium per serving. Products with less than 100 mg of salt per serving are a good choice.
- Prepare meals using fresh and frozen foods, or no-salt-added, low/reduced sodium canned foods.
- Eat at home more often. This way you can control how much salt you are adding to a dish.
- Limit sauces and “instant” ready-made products to control the amount of salt added.

MyPlate is a reminder to find your healthy eating style and build it throughout your lifetime:
- Focus on variety, amount, and nutrition.
- Choose foods and beverages with less saturated fat, sodium, and added sugars.
- Start with small changes to build healthier eating styles.
- Support healthy eating for everyone.

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Why limit sodium?

Eating too much salt can increase blood pressure by causing the body to retain too much water and creating an added burden on the heart. Most sodium consumed in our diet comes from restaurants and commercially prepared, packaged foods (such as pizza, burgers, tacos, seafood dishes and soups). Limit sodium intake to 2300 mg per day for anyone age 14 and up.