Enjoy Your Food, But Eat Less
Tips to enjoying your meal

You can enjoy your meals while making small adjustments to the amounts of food on your plate. Healthy meals start with more fruits, vegetables, grains, protein foods, and dairy. Drink and eat less salt, saturated fat, and added sugars.

Get to know the foods you eat

Use MyPlate resources at MyPlate.Gov to find out what kinds of foods, how much to eat, to get tips and support for making better food choices, and to find your personalized plan. Compare the foods you eat to the foods and number of servings you need to eat.

Take your time

Be mindful to eat slowly, enjoy the taste and textures, and pay attention to how you feel. Use hunger and fullness cues to recognize when to eat and when you've had enough.

Use a smaller plate

Use a smaller plate at meals to help with portion control. That way you can finish your entire plate and feel satisfied without overeating.

If you eat out, choose healthier options

Check and compare nutrition information about the foods you are eating. Preparing food at home makes it easier to control what is in your meals.

Choose to eat some foods more or less often

Choose more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. Cut back on foods high in solid fats, added sugars, and salt.

Satisfy your sweet tooth in a healthy way

Indulge in a naturally sweet dessert dish — fruit! Serve a fresh fruit cocktail or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.

Sip smarter

Drink water or other calorie-free beverages, 100% juice, or fat-free milk when you are thirsty. Soda and other sugar-sweetened beverages contain added sugar and are high in calories.

Compare foods

Check out nutrition labels. Choose the healthier options with lower amounts of salt and sugar.

Have treats occasionally

Treats are great once in a while. Just don’t make treat foods an everyday choice. Limit sweet treats to special occasions.

For more tips on healthy eating and food safety, refer to MyPlate.Gov

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