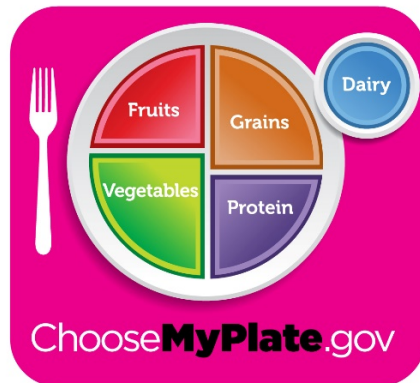


# *Eat Well & Spend Less with MyPlate™*



## **Fruits & Vegetables**

**Eat Well:** Fill ½ of your plate with fruits and vegetables. Choose whole fruit instead of juice, which has more fiber and fewer calories. Also, aim for mostly non-starchy vegetables in a range of colors.

**Spend Less:** Buying frozen or canned fruits and vegetables often costs less than fresh and will save you time.

## **Grains**

**Eat Well:** Try to make at least half of the grains you eat whole. Whole grains are great because they have more fiber, iron, and B vitamins than refined grains! Use brown rice instead of white, or pick a corn tortilla instead of a flour one.

**Spend Less:** Stock up on whole grain pastas and rice when they are on sale. They will last a long time.

## **Protein**

**Eat Well:** Choose lean protein foods like fish, chicken, beans, and nuts most often. For better heart health, roast, bake, sauté, steam, or grill foods instead of frying them. Remove visible fat or gristle from meat.

**Spend Less:** Replacing some of the meat in your diet with plant proteins can help you stretch your budget and improve your health. See "[Save Money with Plant Proteins](#)" on SNAP4CT.org to learn how.

## **Dairy**

**Eat Well:** Dairy foods are a great source of protein, calcium, and vitamin D. Choose low fat or nonfat dairy products like reduced fat or part skim cheeses to assist with heart health and keep calories down.

**Spend Less:** Buy plain yogurt in the quart container and then sweeten with your own fruit or honey. This often costs less than individual containers, and allows you to reduce the amount of sugar.