

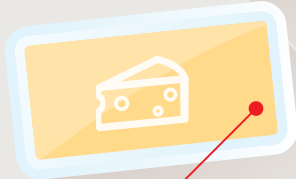


Eat Right WITH ROUSES

Drinks

Avoid sugary drinks.

Drink about 2 liters of water daily.



Dairy

Choose a side of low-fat or fat-free dairy products like milk, yogurt, cheese, or fortified soy milk. For lactose-intolerant customers, pick up Lactaid in the dairy aisle!

Vegetables

Fill half your plate with Rouses produce including non-starchy vegetables and fruits. These foods are full of antioxidants, fiber, vitamins, and minerals that help prevent disease and keep you healthy. Healthy produce can be frozen, canned, or fresh. Limit buttery sauces and fruits canned in syrup for the most nutritional benefit. Each color offers a special variety of health benefits so eat a rainbow every day!

Protein

A quarter of your plate should include protein. Protein comes in many shapes and sizes and includes Rouses seafood, beans, peas, poultry, meats, and eggs. Choose meats that are low in fat and try eating seafood twice a week. If you're feeling adventurous, start a meatless Monday tradition and substitute animal meat for plant proteins like soy, nuts, and beans. About 3 ounces is a proper portion size.

Healthy Appetite



Fruits

Eat seasonal fruit. Buy locally grown produce.



Tip

Downsize and go for a 9" plate. This will automatically help you eat less while giving your eyes a full plate.

Grains

Whole grains should fill a quarter of your plate. Eat starches that are rich in whole grains. Look on the Nutrition Facts Label to find sources high in fiber which should be over 10% the Daily Value. On the list of ingredients, make sure "whole grain" is first or second on the list. Examples of starchy vegetables are corn, potatoes, yams, and legumes.



Grains	Vegetables	Fruit	Dairy	Proteins	Drinks