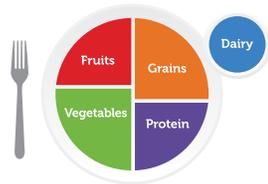


Start simple
with MyPlate



Rethink Fats

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:

Check the label first

Read the [Nutrition Facts label](#) on packaged foods. Choose products that are lower in saturated fat since these types of fat are less healthy.



Eat foods with healthy fats

Eat nuts, seeds, and fatty fish like tuna, salmon, and sardines. These foods, as well as vegetable oils like olive and canola, are good sources of unsaturated fat—a healthier fat option.



Limit saturated fat

Build meals around protein foods that are naturally low in saturated fat such as beans, peas, and lentils, as well as soy foods, skinless chicken, seafood, and lean meats.



Skimp on “solid fats”

“Solid fats” such as butter, shortening, and fat from meats are high in saturated fats. Switch to olive or canola oil for cooking and trim the fat when possible.



Swap the spread

Switch from butter and cream cheese on your toast to a nut butter or a spread of avocado and a squeeze of lemon. These spread options contain healthier fats.



Customize your order

Order baked or steamed options instead of fried foods, especially deep-fried foods. A dash of hot sauce or a spoonful of salsa adds flavor without adding fat.

