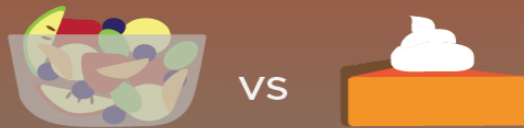


MyPlate Holiday makeover

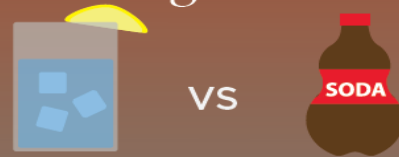
visit choosemyplate.gov for healthier options during the holidays

tweak the sweets



fruits make delicious desserts

cheers to good health



drink water to manage calories

bake healthier



use recipes with pureed fruits instead of butter or oil

spice it up



use spices and herbs instead of sugar and salt

brighten your meal



fill half your plate with fruits and vegetables

skim the fat



try skim evaporated milk instead of heavy cream

swap the grains



choose whole wheat flour instead of white flour

go easy on the gravy



a little bit of gravy goes a long way