



BLOG

Build a Real-Food Plate in 3 Steps

Start With Protein

- Eggs, fish or chicken
- Beans or Greek yogurt
- Plant and animal sources both count

Fill the Rest

- Half the plate vegetables
- A modest whole grain portion
- Water, unsweetened tea or milk

Make It a Habit

- Cook at home more often
- Fruit and nuts for snacks
- Ask about your own targets



Read the full article

The New Dietary Guidelines: Eat Real Food and Avoid Highly Processed Food

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General information, not medical advice. Your provider can tell you
what is right for you.