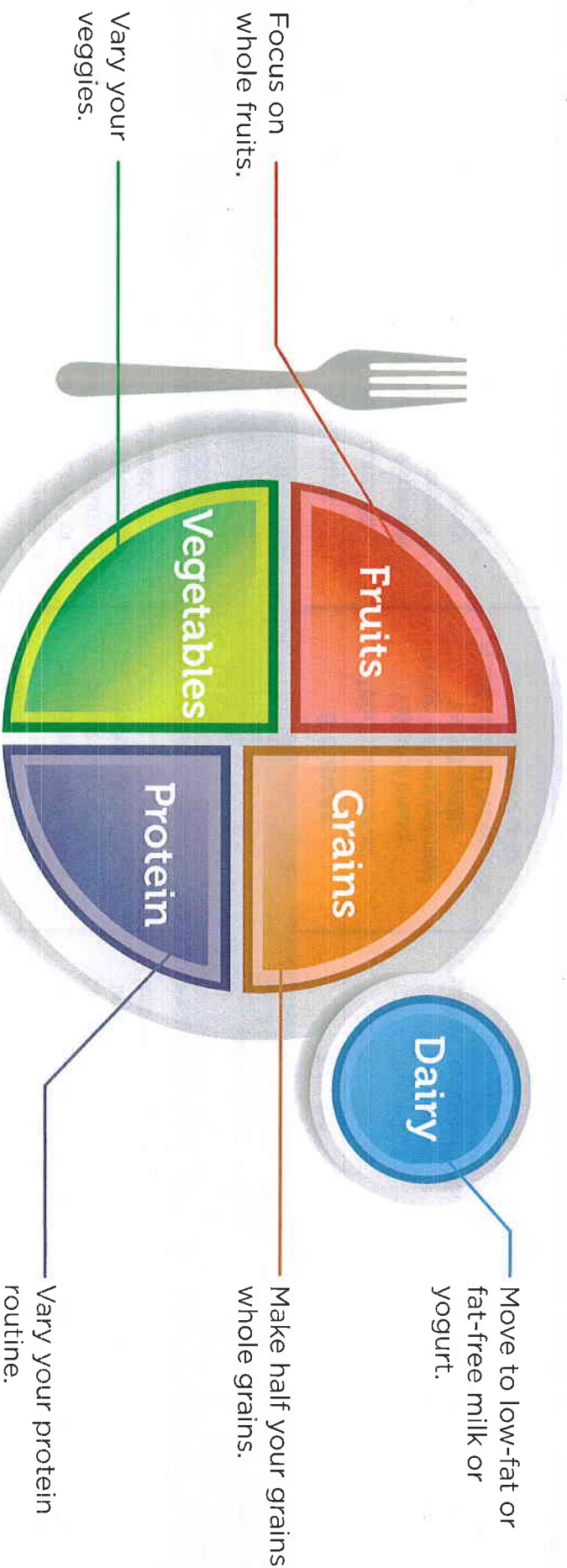


# MyPlate, MyWins: Make it yours

Find your healthy eating style. Everything you eat and drink over time matters and can help you be healthier now and in the future.



Choose **MyPlate.gov**

**Limit**



**Limit the extras.**

Drink and eat beverages and food with less sodium, saturated fat, and added sugars.

**MyWins**



**Create 'MyWins' that fit your healthy eating style.**

Start with small changes that you can enjoy, like having an extra piece of fruit today.