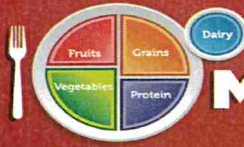




United States Department of Agriculture



# MyPlate Holiday makeover



visit [choosemyplate.gov](http://choosemyplate.gov) for healthier options during the holidays

## tweak the sweets



VS

fruits make delicious desserts

## cheers to good health



VS

drink water to manage calories

## bake healthier



VS

use recipes with pureed fruits instead of butter or oil

## spice it up



VS

use spices and herbs instead of sugar and salt

## brighten your meal



VS

fill half your plate with fruits and vegetables

## skim the fat



VS

try skim evaporated milk instead of heavy cream

## swap the grains



VS

choose whole wheat flour instead of white flour

## go easy on the gravy



VS

a little bit of gravy goes a long way