MyPlate Holiday makeover

Visit choosemyplate.gov for healthier options during the holidays.

tweak the sweets
- Fruits make delicious desserts
- Bake healthier
- Brighten your meal
- Swap the grains
- Cheers to good health
- Spice it up
- Skim the fat
- Go easy on the gravy

- Use recipes with pureed fruits instead of butter or oil
- Use spices and herbs instead of sugar and salt
- Fill half your plate with fruits and vegetables
- Choose whole wheat flour instead of white flour
- Drink water to manage calories
- A little bit of gravy goes a long way

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