



# MyPlate MyWins

## Reach your nutrition goals

To help you achieve your nutrition goals, try using the tips below.



### Start with small changes

Instead of a diet overhaul, make small changes to what you eat and drink that will work for you now and in the future.



### Take one day at a time

Sometimes things don't go as planned, even with the best of intentions. If you miss one day or one milestone for your goal, don't give up!



### Be active your way

Pick activities you enjoy! If you focus on having fun or learning a new skill that interests you, you will be more likely to stick with it.



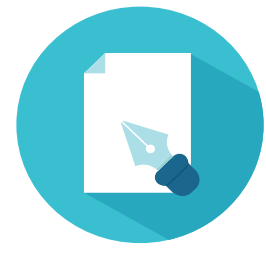
### Team up

Find a friend with similar goals—swap healthy recipes and be active together. Staying on track is easier with support and a cheerleader.



### Celebrate successes

Think of each change as a “win” as you build positive habits and find ways to reach your goals. Reward yourself—you've earned it!



### List more tips

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