



MyPlate MyWins

Enjoy Italian cuisine

Savor your favorite Italian meals in a healthier way with these small changes.



Balance your options

You don't necessarily have to skip the bread, wine, and dessert. Consider choosing just one of these options and pass on refills.



Start with salad

Choose a mixed green salad with vinaigrette instead of fried appetizers, which are higher in sodium and saturated fat.



Go for whole grains

Ask for whole-wheat pasta or pizza crust. Whole grains have more fiber and nutrients than refined grains.



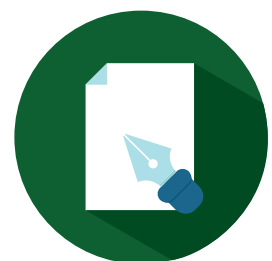
Lighten up on cheese

Ask for a lighter sprinkling of cheese on pizza or pasta to cut back on the saturated fat and sodium.



Choose red sauces

Pick sauces made from vegetables, like marinara sauce, rather than heavy cream or butter sauce.



List more tips
