

SEVEN SIMPLE STEPS

Save over 500,000 Calories per Year



Make a Healthful Plate

Follow MyPlate and fill half your plate with fruits and veggies at each meal.

109,500 calories per year

Downsize Dessert

A baked good the size of your hand contains 500+ calories. Downsize to a finger-sized portion and save calories.



127,750 calories per year



Choose Fruit

Replace a daily snack of chips with a medium apple or one cup of fruit.

21,900 calories per year

Eat a Balanced Breakfast

Get rid of a fast food sandwich or pastry and enjoy oatmeal instead.



65,700 calories per year



Drink Calorie-Free

Replace one soda with a calorie-free drink (water or unsweetened tea) every day.

54,750 calories per year

Stick to Skim

Switching to skim milk will save you 47 calories per cup.

51,965 calories per year



Exercise

Get 30 minutes of exercise per day. A two mile walk burns 200 calories.



73,000 calories per year