



My25's Guidelines for Eating Better*

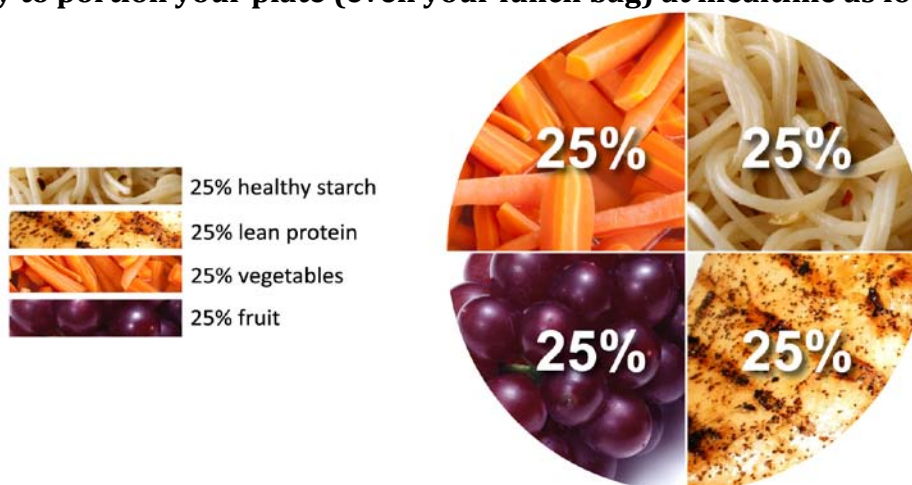
Simple to Follow and Proven to Transform Preventive Health for Individuals and Whole Households



1. Try to eat about 25 grams of fiber each day.

Fiber fills you up and has significant benefit beyond weight control—including heart health and cancer prevention.

2. Try to portion your plate (even your lunch bag) at mealtime as follows:



Or instead of $\frac{1}{4}$ vegetables and $\frac{1}{4}$ fruit, fill $\frac{1}{2}$ your plate with veggies.



* We advise checking with your personal health care professional before starting any new diet or wellness regimen. Additionally, 25 grams of daily fiber is recommended for most adults aged 18 and older; the USDA recommends 20 grams of daily fiber for most children.