



NUTRITION

There are several ways to start healthy eating habits. According to the U.S. Food and Drug Administration, below are some helpful tips.

- Plan weekly meals ahead of time by writing out the ingredients you'll need for each meal. This will help you meet all five food groups and can double as a grocery list for easy shopping.
- Use FDA's [Nutrition Facts label](#) when grocery shopping to compare ingredients in different food items. Select items that have higher amounts of vitamins, minerals, and dietary fiber and lower amounts of sodium, saturated fat, and added sugars.
- Use [MyPlate.gov](#) to create healthy, complete meals that cover all five groups. Check the free [MyPlate Kitchen resource](#) for over 1,000 healthy, inexpensive, and tasty recipe ideas.
- Find out how [calorie labeling on menus](#) can help you make informed and healthful decisions about meals and snacks.
- Eat smart by monitoring calorie intake and portion sizes using the Nutrition Facts label alongside MyPlate.

The FDA is doing its part by helping those in the United States have greater access to healthier foods and nutrition information. Increasing the availability of healthier foods could improve eating patterns which will improve everyone's health and wellness. Some of the ways they plan to help is by sodium reduction, maternal and infant nutrition, labeling and claims, consumer education and support.