"LIMIT" FOODS

Write the following information into the LIMIT section of your MyPlate template

Limit

ChooseMyPlate.gov

Drink and eat less sodium, saturated fat and added sugars.

- Use the Nutrition Facts label and ingredients list to limit items high in sodium, saturated fat an added sugars.
- Choose vegetable oils instead of butter and oil-based sauces and dips instead of ones with butter, cream or cheese.
- Drink water instead of sugary drinks.