

RATE YOUR PLATE

How does your plate rate? One way to tell is by looking at the colors of the foods you're eating: the more bright colors, the healthier your meal.

That's because bright foods like fruits and vegetables contain lots of vitamins and minerals. They also contain fiber, and that helps your body process food better.

To stay healthy, include at least one or two of the foods below in each meal. And, be sure to choose different fruits and vegetables throughout the week.



Eat a rainbow of foods, and you'll get a variety of vitamins and minerals!



CHOOSE THESE FOODS THAT GET AN A+ RATING!!!

GREEN



broccoli, green peppers, brussel sprouts, dark salad greens, spinach, green beans

ORANGE / YELLOW



corn, oranges, butternut squash, bananas, carrots, acorn squash, orange peppers

BLUE / PURPLE



blueberries, blackberries, grapes, eggplant

RED



apples, raspberries, strawberries, red peppers, tomatoes, cranberries

Now that you know what to eat, turn this page over to see how much you should eat.
Remember: MORE ISN'T ALWAYS BETTER

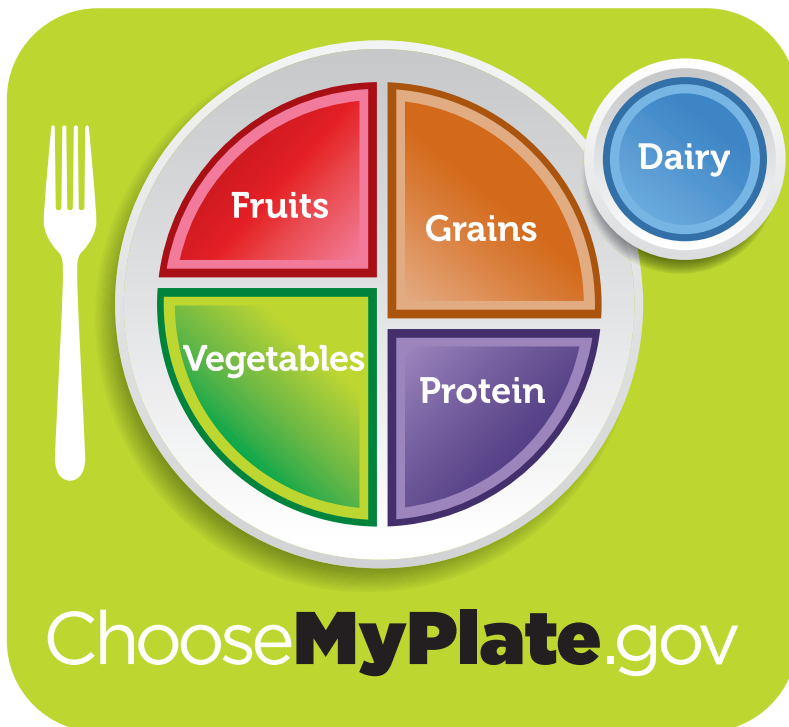
How much is too much?

Research shows that a key reason more Americans are overweight or obese is because we eat out at restaurants too much.

Many restaurants offer larger portions than what you would cook at home. “Super-sized” meals might sound like a good idea, but they actually make you eat more than you should. In addition, many restaurant meals go heavy on ingredients like butter – things that make food tastier, but **way more fattening!**

So, cook and eat at home when you can. Keep in mind, though, that for certain types of foods, larger portions are good. For example, most of us would be better off eating more fiber-filled foods like fruits, vegetables and whole-grains.

And, whether you cook and eat at home or eat at a restaurant, follow the portion guidelines below from the United States Department of Agriculture.



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