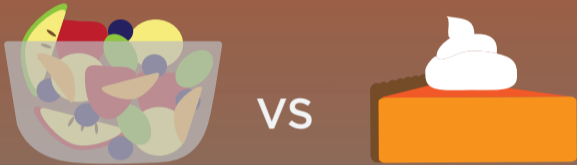


# MyPlate Holiday makeover



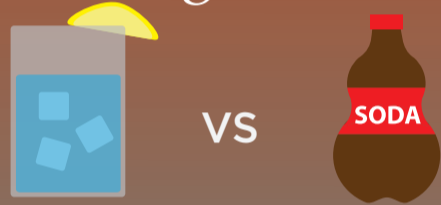
visit [choosemyplate.gov](http://choosemyplate.gov) for healthier options during the holidays

## tweak the sweets



fruits make delicious desserts

## cheers to good health



drink water to manage calories

## bake healthier



use recipes with pureed fruits instead of butter or oil

## spice it up



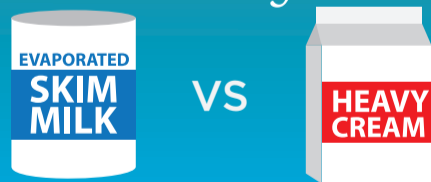
use spices and herbs instead of sugar and salt

## brighten your meal



fill half your plate with fruits and vegetables

## skim the fat



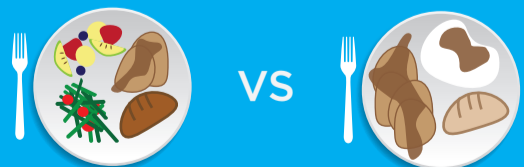
try skim evaporated milk instead of heavy cream

## swap the grains



choose whole wheat flour instead of white flour

## go easy on the gravy



a little bit of gravy goes a long way