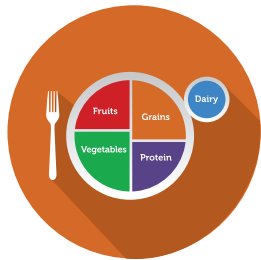




MyPlate MyWins

Prep for potlucks and parties

Parties and potlucks are a fun way to spend time with friends, family, and colleagues. Set yourself up to make healthy choices with these tips.



Plan for colorful plates

Create a sign-up sheet for your party with categories for dishes from each food group so you have a variety of healthy options.



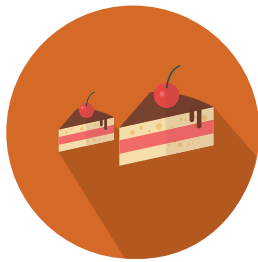
Sip up some flavor

Boost flavor in water or unsweetened iced tea with mint leaves, lemons, or frozen fruit. Skip sugary drinks like soda, punch, and lemonade.



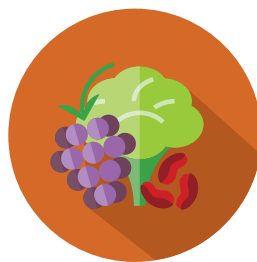
Keep foods safe

Keep hot foods hot and cold foods cold until serving time. Don't leave food out at room temperature for longer than 2 hours.



Prioritize your plate

Take a quick lap around the food table to see what foods are available before filling your plate. Save calories with smaller helpings.



Include fruits and veggies

Fill half your plate with vegetables such as beans, broccoli, or mixed greens and fruit like berries or grapes.



List more tips
