MyPlate, MyWins Tips: Reach Your Nutrition Goals

To help you achieve your nutrition goals, try these tips from ChooseMyPlate.gov/eathealthy/myplate-mywins:

**Build your own**

Instead of a diet overhaul, make small changes to what you eat and drink that will work for you now and in the future.

**Take one day at a time**

Sometimes things don’t go as planned, even with the best of intentions. If you miss one day or one milestone for your goal, don’t give up!

**Be active your way**

Pick activities you enjoy! If you focus on having fun or learning a new skill that interests you, you will be more likely to stick with it.

**Team up**

Find a friend with similar goals. Swap healthy recipes and be active together. Staying on track is easier with support and a cheerleader.

**Celebrate successes**

Think of each change as a “win” as you build positive habits and find ways to reach your goals. Reward yourself—you’ve earned it!