

The screenshot shows the USDA ChooseMyPlate.gov website. The top navigation bar includes links for 'About Us', 'FAQs', 'Newsroom', and 'Contact Us'. Below this is a search bar and a secondary navigation menu with categories like 'MyPlate', 'Weight Management & Calories', 'Physical Activity', 'SuperTracker & Other Tools', 'Printable Materials & Ordering' (highlighted with a red box), and 'Healthy Eating Tips'. The main content area features a large green header with the text 'Printable Materials & Ordering'. Below this is a section titled '10 Tips Nutrition Education Series' with a large '10 tips' graphic. The text describes the series as providing high-quality, easy-to-follow tips in a printable format. A list of 10 tips follows, each with a right-pointing arrow icon. The tips are: Choose MyPlate, Add More Vegetables to Your Day, Focus on Fruits, Make Half Your Grains Whole, Got Your Dairy Today?, With Protein Foods, Variety Is Key, Build a Healthy Meal, Healthy Eating for Vegetarians, Smart Shopping for Veggies and Fruits, Liven up Your Meals With Vegetables and Fruits, Kid-Friendly Veggies and Fruits, Be a Healthy Role Model for Children, Cut Back on Your Kid's Sweet Treats, Salt and Sodium, Eat Seafood Twice a Week NEW, Eating Better on a Budget NEW, Use SuperTracker Your Way NEW, and Enjoy Your Food, But Eat Less NEW. At the bottom of the list, it says 'More tips coming soon!' and 'For more print materials, click here.'



Nutrition Services 3600 Telegraph Ave. • Oakland, CA 94609 • 510-595-6454  
[www.healthylivingforlife.org](http://www.healthylivingforlife.org) <<http://www.healthylivingforlife.org>>  
For CalFresh information, call 1-877-847-3863. Funded by  
USDA SNAP, an equal opportunity provider and employer.  
Visit [www.cachampionsforchange.net](http://www.cachampionsforchange.net) for healthy tips. •California Department of Public

**Healthy Living**  
*...for life!*  
Nutrition Services • Alameda County Public Health Department