



Healthy Eating

Health and Wellness

Tip of the Week
Week 10
March 9, 2020

Our Mission is to promote health awareness and encourage healthy lifestyles.

A Full Plate That's Healthful

You may think a full plate isn't healthy. But, when you fill it with the right amount from each food group, you are on your way to good eating habits. Choosing the amount of food you eat from each group also depends on your age, how active you are and your gender. The basic food groups are:

- Vegetables
- Fruits
- Grains
- Dairy
- Protein

Fill up on healthy helpings of food from each group and keep your weight and health in check.

Source: U.S. Department of Agriculture

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