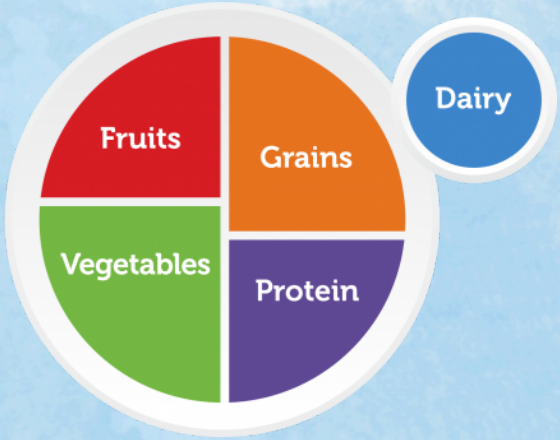
MyPlate Made Easy



MyPlate is the official symbol of the 5 food groups, representing how much should be on your plate at each meal. The benefits of healthy eating add up over time, bite by bite, and small changes matter. MyPlate can help you start!

Vegetables

Includes all vegetables and 100% vegetable juice. They may be raw or cooked and can be fresh, frozen, canned, or dried. Whole, cut-up, or pureed/mashed are all great. There are 5 subgroup based on nutrients: dark green; red and orage; beans, peas, lentils; starchy; and other.

Fruits

Includes all fruis and 100% fruit juice. Fruits can be frozen, canned, or dried/dehydrated. They can be eaten whole, cut up, pureed/mashed, or cooked. Whole fruit should compromise at least 50% of the total recommended amount .

Grains

2 subgroups: whole grains and refined grains. Whole grains have the entire grain kernel Examples: whole-wheat flour, bulgar, oatmeal, and brown rice. Refined grains have been milled meaning dietary fiber, iron, and many vitmains are lost. Examples are white flour, corn grits, white bread, and white rice. Make half of your grains whole grains.

Dairy

Includes milk, yogurt, cheese, lactose-free milk and fortified soy milk/yogurt. Does not include cream cheese, sour cream, cream, and butter.

Protein

Includes seafood, meat, poultry, eggs, beans, peas, lentils, nuts, seeds, and soy products. Try to choose lean protein such as lean ground beef and skinless chicken breast. For seafood, choose options higher in healthy fatty acids such as salmon and trout..



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MyPlate Tips

You don't need to strive for the 'perfect plate' at every meal. Instead, begin by making small, manageable changes like those suggested below!

Focus on whole fruits:

Include fruit in your breakfast! Try topping whole-grain cereal with your favorite fruit or adding berries to pancakes. Dried fruit is delicious when mixed into oatmeal.

Vary your veggies:

Cook a variety of colorful veggies.. You can cook extra ahead of time to save for later! Use them in stew, soup, or in pasta.

Vary your protein routine:

Try to cook your favorite meals with different proteins. For example, try black bean or shrimp tacos. Lean ground turkey is great for burgers and meatballs!

Half your grains should be whole grains:

Swap out some of your refined grains for whole grains. Try brown rice instead of white rice! Swapping out different pastas or breads for whole grains versions is also optimal.

Include more low-fat or fat-free dairy:

Milk, yogurt, and other dairy often have low-fat or fat-free options. Swapping out some of your favorite dairy products for this option is benefical for your body!

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