



MyPlate Strategy Guide

Brought to you by:

Meet the Vegetable Group

Fill half your plate with a variety of fruits and vegetables at each meal.

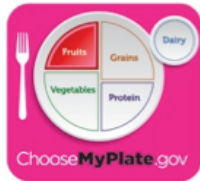
Eat something from the five veggie groups every day:

Dark green	Red and orange
Peas and beans	Starches
Other	



A diet rich in vegetables helps reduce your risk of heart disease, stroke, diabetes, and certain cancers. Vary your veggies!

Meet the Fruit Group



Choose whole fruit more often; if you drink juice, limit the quantity and choose 100% fruit juice.

Try a variety of different fruits every day

Stone fruits	Berries	Melons
Fleshy fruits	Pome fruits	

Fruits are an excellent source of fiber, water, vitamins, and phytochemicals (these are natural plant chemicals that are good for you).

Most fruits are low in sodium, fat, and calories, and all of them have no cholesterol whatsoever.

Most people need to eat 4 to 5 cups of fruits and veggies each day!

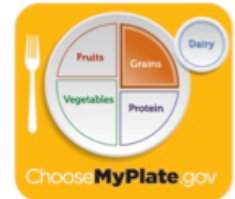


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Meet the Grain Group

Make sure that at least half of the grains you eat every day are whole grains. Processed grains don't use the entire grain and let you miss out on a bunch of healthful nutrients.



Try whole wheat foods, brown rice, and oatmeal for an easy way to more whole grains per day!

Meet the Protein Group



All these foods are part of the protein group:

Meat	Seafood	Beans and peas
Poultry	Nuts	Soy foods
Eggs	Seeds	

Keep your protein choices lean and about the size of a deck of cards. Follow MyPlate's advice and keep protein to about 1/4 of your plate. Remember to eat a variety of protein foods.

Meet the Dairy Group

Choose items that are low in fat, sodium, and sugar.

The dairy group includes:

Milk	Yogurt
Cheese	Milk-based desserts



Many foods in the dairy group are good sources of calcium, which helps build/maintain bone health and control blood pressure.