

# How to make MyPlate



## MyPlate FTW!

MyPlate is a fantastic resource for healthful, balanced eating. It offers a great visual guide that is easy to apply in real life. For example, applying MyPlate's tenets to a plate of fish and chips can make the new plate 688 calories lighter. Doing the same for a burger and fries can bring the new dish's calorie count down from 940 to 300 calories. MyPlate offers great ways to reduce calories without limiting flavor.

## Combine with Proportions in Mind

One easy way to set up MyPlate is to arrange your plate EXACTLY like MyPlate. However, sometimes a dish mixes a bunch of different food groups. When you're making MyPlate, try some of these strategies to help keep things balanced...

- Mix your fruits and veggies. Then you can still fill half your plate with them, but you'll add a new level of variety.
  - Try salads that feature veggies and fruit. One of our favorite combinations is fresh greens with garbanzo beans, shredded carrots, sliced red grapes, and grape tomatoes.
- Fruit and veggie salsas simply can't be beat. Try slicing fresh mango and combining it with minced tomatoes, cilantro, diced onion, and a seeded and diced jalapeno. This salsa can be served with whole grain chips or

- atop grilled chicken breast/fish.
- Arrange your proportions before cooking, then combine everything into a finished and balanced dish.
  - Stir-fries are a great example of this MyPlate-friendly technique. Cook brown rice and slice an assortment of veggies. Chop up a few ounces of lean protein too. Make sure everything is in the proportions advocated by MyPlate, then start cooking! Cook the protein (chicken breast is a great choice here), and set it aside. Sauté the veggies until crisp-tender, combine with the protein, and serve on a bed of cooked brown rice.
  - Pasta dishes also make it easy to stick to MyPlate. Follow the above directions for a stir fry, but switch in pasta for the rice.
  - Fresh fruit and nonfat, unsweetened yogurt make a great dessert and will help the full meal fulfill MyPlate's requirements.

## MyPlate is Easy as 1-2-3!

1. **Determine** the proper proportions of your meal.
2. **Measure** your ingredients.
3. **Cook** the food and assemble your plate.

## For More Information

Want to learn more about MyPlate and strategies for cooking according to its guidelines? Visit...

[www.choosemyplate.gov](http://www.choosemyplate.gov)  
[www.foodandhealth.com](http://www.foodandhealth.com)  
[www.health.gov](http://www.health.gov)

