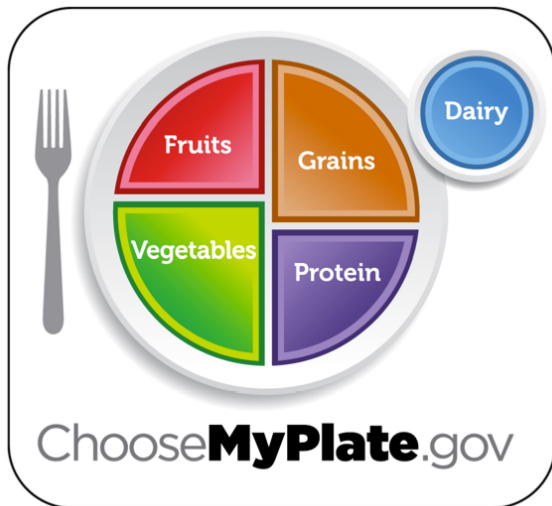


Meet MyPlate



What is MyPlate?

MyPlate is a tool that shows you how to fit different food groups together in order to get all the vitamins and minerals you need.

Grains

Make at least half of the grains you eat whole grains, every day. Whole grains contain the entire grain kernel, not just the processed parts.

Kids should eat 3 to 6 ounces of grains per day. A single serving is the same as...

- One slice of bread
- 1/2 cup of cooked rice/pasta/cereal
- 1 cup of dry cereal

These foods supply B vitamins and iron, along with plenty of fiber... as long as they are whole grains.

Vegetables

MyPlate insists that people fill half their plates with fruits and veggies at each meal. Kids need to eat between 1 and 2.5 cups of veggies every day. What counts as a cup? Why it is...

- 1 cup of raw or cooked vegetables
- 1 cup of 100% vegetable juice
- 2 cups of raw leafy greens

Vegetables supply important vitamins, minerals, and fiber.

Fruits

Kids should eat between 1 and 1.5 cups of fruit per day. One serving could be...

- 1 cup of fresh fruit
- 1 cup of 100% fruit juice
- 1/2 cup of dried fruit

A piece of whole, fresh fruit is always better for you than fruit juice because whole fruit contains fiber. Fruits supply vitamins, minerals, and fiber. They are also rich in carbohydrates, which are your body's main fuel source.

Dairy

It is important to choose low- or non-fat options in the dairy group whenever possible, because other sources have saturated fat, which is very bad for you. Kids need 2 to 3 cup servings of dairy per day. That is...

- 1 cup of nonfat/low-fat milk, calcium fortified soymilk, or nonfat/low-fat yogurt
- 1.5 ounces of natural cheese (like cheddar or mozzarella)
- 2 ounces of processed cheese (like American cheese)

Dairy foods provide calcium and sometimes even vitamin D. They make your bones healthy and strong.

Protein

Choose lean protein and try a whole bunch of different protein foods. Eat more beans, nuts, and fish, instead of sticking with beef and chicken all the time. Beans are your best bet because they do not contain artery-clogging saturated fat or cholesterol. They are also high in fiber. Most kids need 2 to 5 ounces of protein per day. Here's what counts as an ounce:

- 1 ounce of meat, poultry, or fish
- 1/4 cup of cooked beans
- 1 egg
- 1 tablespoon of nut butter
- 1/2 ounce of nuts or seeds