

# MyPlate Sticker Fun!

Put your MyPlate logo here!

*MyPlate is a fun guide to balancing your plate with food that is good for you. If you follow MyPlate, you will help your body get all the nutrients that it*

*needs in order to grow and get strong. So read about MyPlate's food groups, then match your stickers to each group!*

## Food Group #1: \_\_\_\_\_

The foods that belong in this food group come in just about every color of the rainbow, from deep greens to bright reds and pale yellows. In fact, this group has subgroups because each food is full of so many different nutrients. The subgroups are red/orange, dark green and leafy, starchy, beans/peas, and other. Which is your favorite?

Put the sticker for this food group here!

## Food Group #2: \_\_\_\_\_

Put the sticker for this food group here!

Yum! This food group is full of tasty and sweet foods that make great snacks. It's got a great yellow food that can be particularly "a-peel-ing," and others that you will

like "berry" much! Which is your favorite?

## Food Group #3: \_\_\_\_\_

This food group is especially important for strong bones and teeth. Many of the

Put the sticker for this food group here!

foods in it are vital sources of calcium. Just be sure to stick to options that are low in saturated fat. Look for "low-fat" or "fat-free" when you check

the label at the grocery store or in the lunch line.

## Food Group #4: \_\_\_\_\_

This food group shares a name with a vital macronutrient (which is the name for a nutrient that plays a key role in your health every day). Many people eat too many of these foods, so just eat enough to meet your body's needs. Beans and peas are a member of this food group, but they are also members of food group #1. What multitaskers!

Put the sticker for this food group here!

## Food Group #5: \_\_\_\_\_

The foods that belong in this food group come in many different shapes and sizes. Some foods are "refined," which means that some of their key nutrients have been taken away and the food has been processed. Other foods in this food group are "whole," which means that they are less processed and get to keep more of their nutrients -- which is good news for you.

Put the sticker for this food group here!