



# MYPLATE

Use it to make healthful meals at home!

## MyPlate Meal Calories

- 3.5-Ounce Boneless Skinless Chicken Breast: 165 calories
- 1/2 Cup of Brown Rice: 108 calories
- 8-Ounce Glass of Milk: 83 calories
- Blueberries: 83 calories
- 1 Cup of Broccoli: 31 calories
- Fresh Salsa: 22 calories

## MyPlate Tips:

- Make at least half of all the grains you eat whole grains.
- Choose nonfat or low-fat dairy products when possible.
- Eat a variety of different protein foods.

## Make This Plate:

MyPlate is so practical. Rather than asking people to imagine all their daily eating habits as a pyramid, MyPlate asks that they make their plates look like a balanced plate. With half the plate devoted to fruits and vegetables, and the rest divided between protein and grains (with some dairy on the side), MyPlate presents a healthful approach to any meal or snack.

It's easy to make MyPlate at home! Take a look at this sample plate — half the plate is full of fruits and vegetables (blueberries and broccoli), while the other half is perfectly balanced with grilled chicken and salsa alongside brown rice. Add a cup of milk and voila! There's a great MyPlate meal!

