

MAKE MYPLATE

It's fun and easy!

Tips to Help Make Every Plate MyPlate

MyPlate advises people to fill half their plates with fruits and vegetables at each meal.

Make at least half of all the grains you eat whole grains, every day.

Variety is the key to the protein food group. Choose options that are low in saturated fat whenever you can.

For the most nutrients with the fewest empty calories, choose fat-free and low-fat dairy foods.

The balance of foods on MyPlate will help people get all the nutrients that they need in a day.

How can you make your plate look more like MyPlate?

MyPlate's Food Groups:

Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed. Fruit and 100% juice both count, though whole fruit has more fiber than juice.

Vegetables may be raw or cooked; fresh, frozen, canned, or dried. They may be whole, sliced, or mashed.

Grain foods are made from wheat, rice, oats, cornmeal, barley, or another cereal grain. Choose whole grains instead of refined grains whenever you can.

Foods made from meat, poultry, seafood, beans, peas, eggs, soy, nuts, and seeds are all part of the **protein food group**.

Dairy foods include yogurt, milk, cheese, and calcium-fortified foods. Choose skim and limit options with added sugar.

