

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. Saute 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
www.foodandhealth.com
www.health.gov

