Meet MyPlate’s 5 Sections:

- **Fruits** may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed. Fruit and 100% juice both count.
- **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.
- **Protein** foods include yogurt, milk, cheese, and calcium-fortified foods. Choose skim when possible and limit options with added sugar.
- **Dairy** foods include yogurt, milk, cheese, and calcium-fortified foods. Choose skim when possible and limit options with added sugar.