

MYPLATE

Meet the USDA's guide to balanced eating!

Food Group Tips”

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?

For more information, visit MyPlate's home website, <http://www.choosemyplate.gov>.

MyPlate's 5 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 like meat, poultry, seafood, beans, peas, eggs, soy, nuts, and seeds are all part of the **protein** group.

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

