

Make Your Plate Great with MyPlate!



Fruits

FRESH
FROZEN
CANNED
DRIED
100% JUICE

Vegetables

DARK GREEN
ORANGE
RED



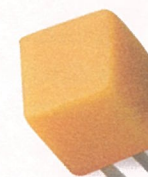
Protein

MEAT | FISH
SEEDS | NUTS
BEANS
EGGS



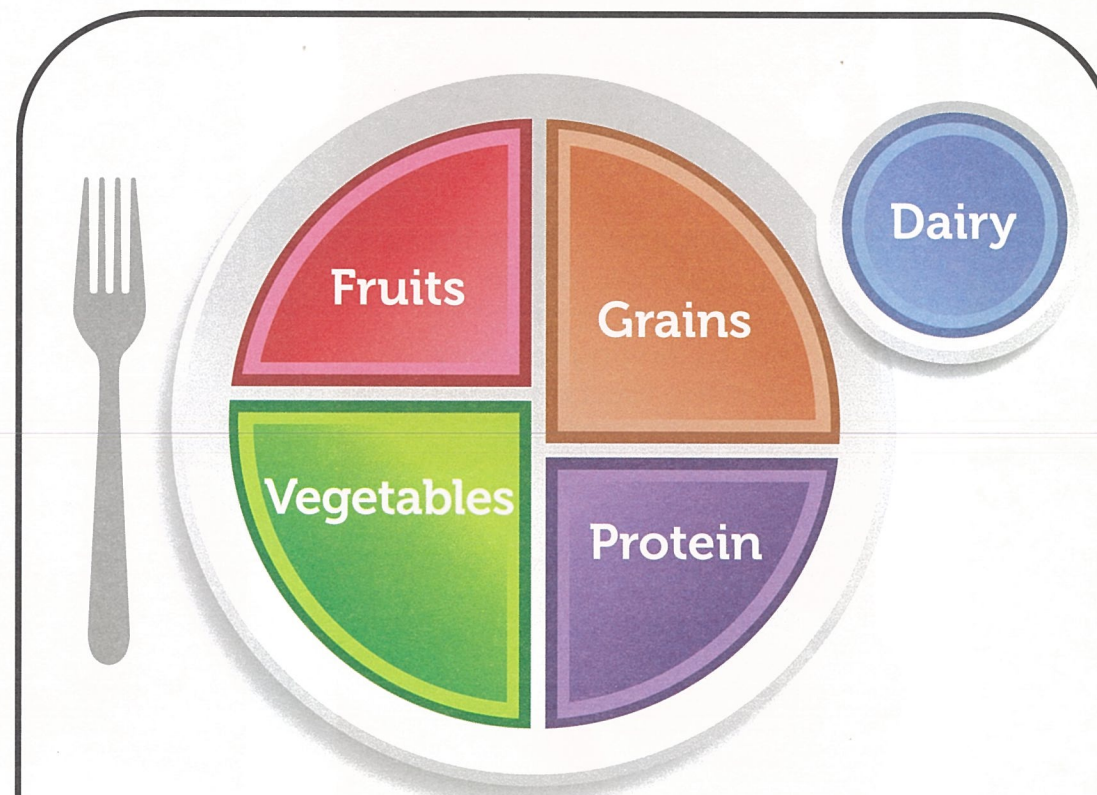
Dairy

MILK
YOGURT
CHEESE



WHOLE Grains

BREAD | PASTA
CRACKERS
CEREAL
TORTILLAS
RICE



Choose **MyPlate.gov**

Balance
food with
physical activity.

Spend **60** MINUTES
every day MOVING!

WALKING BIKING JUMPING SWIMMING SKATING RUNNING DANCING SKATEBOARDING JOGGING SKIING STRETCHING BALANCING PLAYING..



Catch a **Rainbow** of **COLORFUL FRUITS & VEGGIES!**

Fruits and veggies are colorful and taste great, and they do great things for your body. Each color has a different benefit, so eat a rainbow every day! Here's how:

- Apples, oranges and bananas are easy snacks to take with you because they come in their own natural wrapper!
- Make a fruit smoothie by blending your favorite frozen fruits, 100% juice and low-fat yogurt until smooth
- Add sliced bananas, strawberries or blueberries to your yogurt, cereal, pancakes or toast at breakfast time
- Try baby carrots, broccoli florets, celery sticks, and grape tomatoes with some low-fat dip or hummus at snack or lunch time
- Eat veggies at breakfast! Try adding veggies to scrambled eggs or omelets or top toast with tomato slices or mashed avocado
- Try a vegetable-based soup like tomato, squash, lentil or minestrone
- Add a green salad to lunch or dinner, or make your salad the main dish for the meal
- Skewer slices of zucchini, mushrooms, onions and peppers and grill to make veggie kabobs

Great **GRAINS**

The best kinds of grains are whole grains. This means the food includes all parts of the grain and nothing has been removed. Whole grains **give your body long-lasting energy. Grains include cereal, bread, rice, crackers and pasta.**

- Eat whole grain cereals or oatmeal for breakfast
- Snack on popcorn — it's a whole grain!
- Read a food's ingredients list and look for the words "whole grain" at the beginning to know that the food is made from whole grains

PROTEIN Power!

Protein is a nutrient found in meat, chicken, fish, beans, eggs, nuts, and seeds that helps build and repair muscles. Try any of these ideas to pack a punch of protein:

- Spread peanut or nut butter on toast or crackers
- Dip cut-up veggies in hummus
- Add crunch to your cereal or salad with a handful of nuts or seeds
- Choose lean meats like sliced turkey or roast beef for sandwiches

Delicious **DAIRY**

Dairy foods are made from milk and are good sources of the bone-strengthening nutrient, calcium. Low-fat and no-fat varieties are the best choices.

- Quench your thirst with low-fat or skim milk at meals
- A yogurt cup or a piece of string cheese makes a quick and easy snack
- For a sweet treat, try a pudding cup or frozen yogurt
- Try adding your favorite fresh herbs to plain yogurt for an easy veggie dip
- Add milk instead of water to oatmeal and hot cereal
- Try plain yogurt instead of sour cream on baked potatoes or tacos