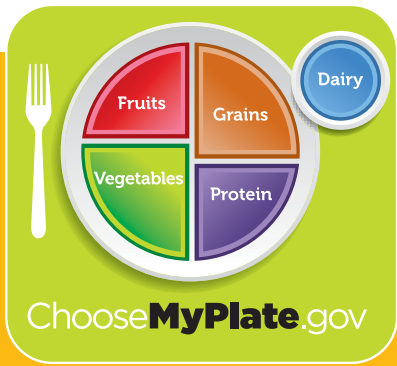


MyPlate

EATING RIGHT & EATING HEALTHY

MyPlate illustrates the five food groups that are the building blocks for a healthy diet. Before you eat, take a moment to think about what goes on your plate, in your cup, or in your bowl. Empower yourself to make healthier choices for yourself and your family!



Fruits:

The recommended daily amount of fruit is about

2 cups

Eating your recommended amount of fruit every day is easy — **bananas, apples,** and **oranges** are convenient snacks.



TIP:

Eat one banana at breakfast and an apple later in the day to complete your daily fruit needs.



Vegetables:

The recommended daily amount of vegetables is about

3 cups

Because vegetables **vary widely** in terms of their nutritional content, you should try to get a **mixture of different colored vegetables** in the course of a week: **leafy green, red/orange, yellow/white,** and **beans.**

Cooking vegetables can remove nutrients, so it is **best to eat raw vegetables** as much as possible.



TIP:

To make sure you get all of your recommended vegetables, consider snacking on veggies throughout the day.



Dairy:

The recommended daily amount of dairy products is about

3 cups



Dairy products such as **milk, yogurt,** and **cheese** provide **fat, calcium,** and **vitamin D.**

TIP:

To control fat intake, choose **low-fat or fat-free dairy products** whenever possible. **Butter is not included** in this category, since processing removes most of the original milk's nutritional benefits.



Grains:

The recommended daily amount of grain is about

6-8 oz.

Whole grains are always better than **refined grains.** The refining process removes some important nutrients, **most notably fiber,** from the grain.



TIP:

Try making at least half of your grains whole. **White bread, buns, pasta,** and **baked goods made from white flour** have a softer texture, but they offer fewer health benefits for your body than whole grains.



Proteins:

The recommended daily amount of protein-rich foods is about

5-6 oz.

Your body **uses protein** to build **healthy skin, nails, hair, bones, cartilage,** and **muscle.** These include:

Meats • Fish • Eggs • Nuts • Cooked Beans

TIP:

Some protein sources are higher in fat than others, so it is a good idea to emphasize lean meats like poultry and seafood.

Portions



Most people aren't very good at estimating portion sizes, which is why we often end up eating more than our recommended amount of food. Keep a set of measuring cups, spoons, and even a kitchen scale nearby to help measure accurate portions.

Snacking

The food that you eat between meals counts toward your daily diet just as much as what you eat during meals! Cookies, salty chips, and sodas raise your fat and sugar intake for the day and can negatively impact your health.

Snack time can become your diet's best friend if you use it correctly. A cup of fruit or vegetable juice can help you meet your daily requirements. A serving of low-fat yogurt can be just as satisfying as a candy bar.



For more great tips on Healthy Eating habits, visit
ChooseMyPlate.gov