

Dairy

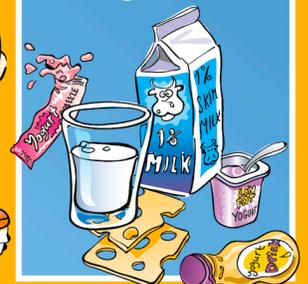
Dairy

Get your calcium-rich foods.

Remember to choose skim milk or 1% milk.

Nonfat yogurt is a good choice, too.

Keep choices low in fat, sodium and sugar.



Protein

Go lean with protein.

Keep portion to 1/4 of the plate.

Nuts, beans/peas, seeds, poultry, lean meat, seafood, soy and eggs are in this group.



Grains

Make at least half your grains whole.

Read labels to find more whole grain foods like whole wheat, oatmeal and brown rice.



Fruits

Focus on fruits.

Whole fruit is preferable to juice but any fruit counts: fresh, frozen, canned, 100% juice or dried.

Fill half your plate with fruits and vegetables.



Vegetables

Vary your veggies.

Any vegetable or 100% vegetable juice counts as a member of the vegetable group.

Fill half your plate with fruits and vegetables.



MyPlate Survival Guide

Visit ChooseMyPlate.gov for more info

What are the Food Groups and What's in Them?

- Fruit - Canned, fresh, frozen, dried fruit, 100% fruit juice
- Vegetables - Dark green, red, orange, starchy and other vegetables. Also beans, and peas. Fresh, frozen, canned, 100% vegetable juice; raw or cooked.
- Grains - Whole and processed grains; make at least half your grains whole grains, e.g.: whole wheat, oatmeal and brown rice.
- Protein Foods - Meat, poultry, seafood, eggs, beans, peas, processed soy, nuts, and seeds
- Dairy - Skim or 1% milk, fat-free yogurt, cheese (choose items that are low in fat, sugar and sodium and rich in calcium)

How Much Should I Eat Per Day?

- Fruit Group - 1.5 to 2 cups per day
- Vegetables Group - 2.5 to 3 cups per day
- Grain Group - 3 to 4 ounces per day
- Protein Foods Group - 5 to 6 ounces per day
- Dairy Group - 3 cups per day

That's 4-5 cups of fruits and veggies per day!

What is a Serving?

- Fruit Group - One cup of whole fruit or juice, or half a cup of dried fruit
- Vegetables Group - One cup of veggies or vegetable juice or two cups of leafy veggies
- Grain Group - One slice of bread or one half cup of cooked grains
- Protein Foods Group - One tablespoon of peanut butter or one egg is an ounce
- Dairy Group - One cup of yogurt or milk or 1.5 ounces of cheese

Does MyPlate Save Calories?

A double cheeseburger and large fries has 940 calories. The plate isn't balanced -- too much meat and fried potatoes with nary a vegetable or fruit in sight. Instead, try a smaller burger with a side salad. That's only 300 calories and it provides a plate that is half veggies and 1/4 starch and protein, just like the picture.

Brought to you by: