Make healthy choices with MyPlate

What is MyPlate?

MyPlate is a model for healthy eating. It is a colorful plate that has five groups - fruits, vegetables, grains and protein - with dairy on the side. MyPlate aims to discourage super-big portions, which can cause unneeded weight gain. To keep your body healthy and happy follow these guidelines:

- Eat a variety of foods
- Eat a lot of fruits and vegetables
- Limit extra sugar and sugary drinks

Getting the right foods on your plate:

**Fruits:**
Eat a variety of fruits:
- Apples, pears, oranges
- Kiwis and pineapples
- Blueberries and raspberries

**Vegetables:**
Vary your vegetables:
- Broccoli, spinach, kale
- Carrots, peppers, squash
- Peas, celery, cucumbers

**Protein:**
Go lean with protein:
- Beef, ham, pork
- Chicken and turkey
- Fish, scallops, shrimp
- Nuts, eggs, beans

**Grains:**
Make at least half your grains whole:
- Whole-wheat bread
- Whole-wheat pasta
- Corn tortillas
- Brown rice
- Oatmeal

**Dairy:**
Get your calcium rich foods:
- Low fat yogurt
- Milk
- Cheese