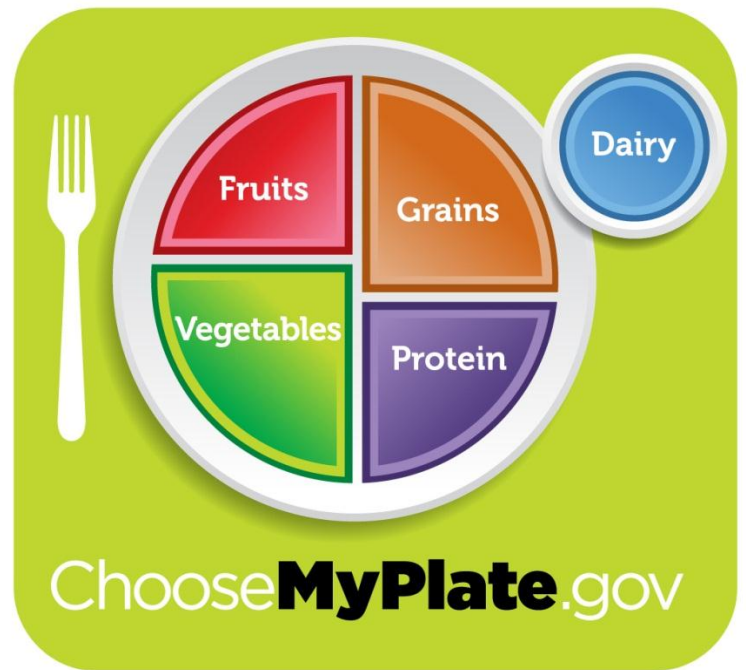


# Make healthy choices with MyPlate



## 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