

An Introduction to MyPlate!

MyPlate was first released in 2011 to serve as a reminder to help individuals make healthier food choices. By using a familiar image of a meal setting plate, MyPlate illustrates the five food groups, also known as the building blocks for a healthy diet. See tips below on how to achieve the perfect plate!

- **Fruit/ Vegetables-** Make half your plate fruits and vegetables. Choose red, orange, and dark-green vegetables like tomatoes, carrots, and broccoli. Easily add fruit to meals by incorporating it into the main dish, or add it as a dessert.
- **Protein-** Protein doesn't just include meat! Vary your protein choices by including choices such as seafood, beans, soy products, or nuts!
- **Grain-** Make at least half your grains whole grains! To eat more whole grains, substitute a whole-grain product for a refined product. Examples include eating things like oatmeal, brown rice, and whole wheat bread.
- **Dairy-** Switch to fat-free or low-fat (1%) milk. Compared to whole milk, they have the same amount of calcium and other essential nutrients, while saving you calories and saturated fat.
- **Cut back on foods high in solid fats, added sugars, and salt, especially sugary drinks!**

Visit www.choosemyplate.gov for more information and resources!