

MyPlate. MyChoice. MyHealth.

Make 1/2 Your Plate Fruits and Vegetables

Choose brightly colored fruits and vegetables for the most vitamins and minerals. Choose fresh, frozen or no-salt-added canned vegetables for the least amount of salt. Choose fresh, frozen, canned in juice or dried fruits instead of fruit juice for the most fiber and least amount of sugar.

MyChoices

Choose which fruits and vegetables to put on your plate or list your favorites at the bottom.

- Peppers and onions for fajitas
- Sweet potatoes sprinkled with cinnamon
- Cooked greens (*turnip, mustard, collards*)
- Stewed okra and tomatoes
- Steamed green beans
- Corn (*whole kernel or on the cob*)
- Broccoli topped with shredded cheddar cheese
- Cabbage slaw made with light dressing
- Watermelon cubes
- Sliced peaches



3 SERVINGS EACH DAY OF LOW-FAT OR FAT-FREE DAIRY FOODS

Choose Dairy Foods at Each Meal

Whether in the glass or on the plate, the dairy group provides a delicious source of protein and calcium, plus other essential vitamins and minerals. Choose low-fat and fat-free milk, flavored milk, yogurt or cheese at every meal.

MyChoices

Choose which dairy foods to put on your plate or in your glass or list your favorites at the bottom.

- Low-fat milk (*white or flavored*) as beverage
- Lattés (*or any coffee or tea drink made with milk*)
- Soup or oatmeal (*made with milk*)
- Pudding (*made with milk*)
- Yogurt
- Reduced-fat or low-fat cheese

Good health starts with what you put on your plate and what goes in your glass. Use this guide to help you build the healthiest plate possible.

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Make 1/4 of Your Plate "Mostly" Whole Grains

Breads, cereals, rice and pasta contain vitamins and minerals that provide energy and fiber. Fiber helps you stay full longer and keeps your digestion system working well. For the most vitamins and minerals, look for the words "100% Whole Grain" on the package.

MyChoices

Choose which whole grains to put on your plate or list your favorites at the bottom.

- Brown rice
- Oatmeal
- Popcorn
- Whole wheat bread
- Whole wheat spaghetti
- Whole grain cereal (bran flakes, toasted oat or whole wheat cereal)



Choose Lean Protein

Proteins are important building blocks for muscles, bones and skin. Choose proteins including fish and seafood, beans and peas, nuts, lean beef, chicken and eggs. Keep portions small. Trim away all fat. Cooking methods include grilling, boiling, roasting or steaming. Eat less high-salt meats (bacon, hot dogs, etc.)

MyChoices

Choose which lean proteins to put on your plate or list your favorites at the bottom.

- Eggs
- Lean beef
- Chicken breasts
- Pork chops
- Peanut butter
- Canned tuna
- Fish (salmon, catfish, tilapia)

Get Out and Get Active!

Balance the calories on your plate with plenty of exercise. Pick activities you enjoy and do them every day for at least 30 minutes or more.