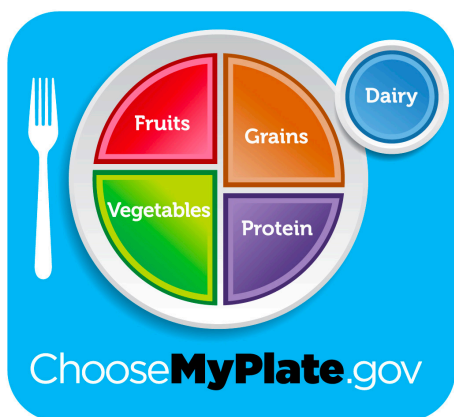




My Plate... What is it?



What is My Plate?

MyPlate is a fun and easy nutrition guide to help incorporate the five food groups into your daily lifestyle. The five food groups represented on MyPlate are Fruits, Vegetables, Grains, Protein and Dairy. MyPlate is used to assist in building a healthier eating style by including foods from all five food groups.

MyPlate offers ideas and tips to help you create a healthier eating style that meets your

individual needs and improves your health by offering simple messages that are easy to understand such as:

- Fill half your plate with fruits and vegetables
- Make at least half of your grains whole grains
- Switch to skim, 1% milk, or fat free milk
- Choose lower sodium foods
- Exercise: 30 minute of brisk walking to get your heart rate pumping

5 Food Group Pasta Salad Serves 10

INGREDIENTS:

- 16-ounce package whole-wheat tri-color pasta, cooked, drained, and rinsed with cold water (*grains*)
- 15 ounce can pinto, red or black beans, drained and rinsed (*protein*)
- 1 large carrot, peeled and chopped (*vegetables*)
- 1 medium apple, peeled,



- cored and chopped (*fruit*)
- 1/3 reduced-fat shredded cheddar cheese (*dairy*)
- 1/3 cup raisins (*fruit*)
- 1/2 cup fat-free mayonnaise
- Half of 1-ounce package ranch dressing mix

INSTRUCTIONS:

In a large bowl, mix the cooled pasta, beans, carrot, apple, cheddar cheese, raisins, mayonnaise and ranch dressing mix. Chill one hour in the refrigerator before serving.

Healthy **LIVING.** Healthy **COMMUNITIES.**



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