

MY PLATE, WHAT'S ON IT?

Focus on **WHOLE FRUITS**

Fruits can go with meals as part of the main or side dish or as dessert.



Go Against **THE GRAIN**

Increasing whole grains is one of the goals for MyPlate. Choose to substitute a whole-grain product for a refined product, such as, eating whole wheat bread instead of white bread or brown rice instead of white rice.



Vary Your **VEGGIES**

Choose a variety of colorful veggies, such as red, orange, and dark-green. Extra vegetables can be used for a stew, soup, or a pasta dish.



Down the **FAT**

Low or fat free milk, yogurt, and soy beverages cuts saturated fat.



Pump up the **PROTEIN!**

Mix up your protein to include seafood, unsalted nuts and seeds, eggs, poultry, and lean meats.



Developed by Si-Arah McCray, SNAP-Ed Nutrition Educator
Sources: www.choosemyplate.gov/eathealthy/WhatIsMyPlate



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