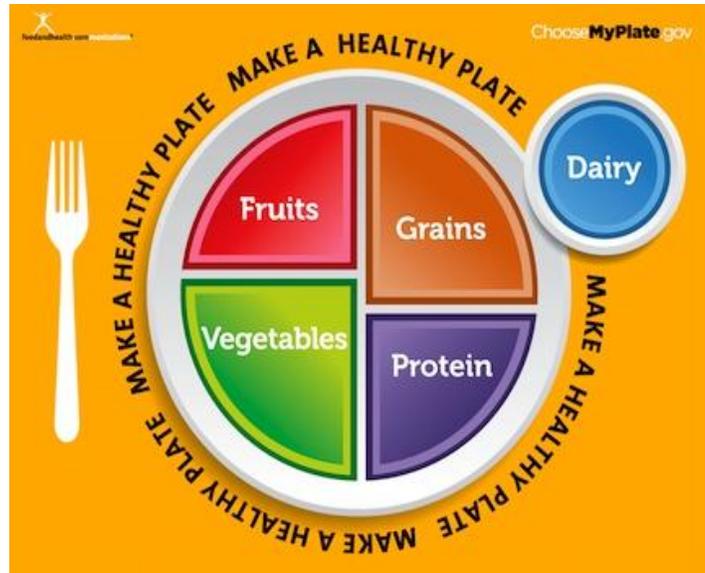


# Choose Your Plate

## MyPlate

No more Food Pyramid? No problem. Although it may be hard to believe, there is a new tool to help guide your food choices: **MyPlate**. The plate helps you choose healthy foods for each meal and proper serving sizes! Here is how the plate can help guide your food choices!



## What's on your plate?

### Vegetables

- Fill half your plate with fruits and vegetables. Choose **whole vegetables** when you can. When having vegetable juice it should be 4 to 6 oz of 100% vegetable juice.

### Fruits

- Together with vegetables, fruits cover half of your plate! Choose **whole fruits** for the most benefit. Aim for 4 to 6 oz of 100% fruit juice.

### Dairy

- Choose 8 oz of **fat free** or **1% milk** with each meal. Try non-fat yogurts for a snack. When selecting your cheese, look for a cheese made with skim or reduced fat milk.

### Protein

- Protein should be 25% of your plate. The palm of your hand can also be used to measure out 1 serving of protein. Eat a variety of lean protein foods: beans, lentils and soy, nuts and seeds, seafood (eat twice a week), skinless chicken and turkey, lean meats (such as tenderloin) and eggs.

### Grains

- Aim for half of your grains to be **whole grains**. Look for these as the first ingredient on the nutrition label: whole wheat, brown rice, bulgur, oatmeal, quinoa, or whole grain.

**...and always remember to drink water!**

# How To Add More Fruits & Vegetables

**Add vegetables to casseroles or pasta dishes. Sautéed vegetables can be a great addition to a pasta dish or even macaroni and cheese.**



**Smoothies!** Blend strawberries, blueberries, banana and 100% fruit juice together for a quick & easy treat.



**Omelets can be colorful and nutritious. Try sautéing vegetables like mushrooms, tomatoes, spinach, onions, bell peppers and then add them to your omelet for a morning veggie boost.**



**Stir fry your vegetables. Broccoli, sugar snap peas, peppers, mushrooms, green beans, cauliflower and carrots can all be kicked up a notch by stir frying. Add sauces to change flavors.**

**Grill your vegetables and fruits. Brush them with oil to keep them from getting too dry. Grilled fruit is a great additional flavor to any meal. Try grilled pineapple or pears!**



**Switch from chips and crackers to veggie sticks. Using veggies sticks in place of high calorie salty snacks adds more veggies to your diet. Try hummus and avocado for dipping and you'll get healthy fats and vegetables in one snack!**



**Have 100% fruit juice for a beverage in place of soda. Limit juice to 4 to 6 oz and add seltzer to get that added fizz!**



**Don't be afraid to eat out. When ordering your meal, opt for steamed or sautéed vegetables as a side in place of the regular french fries or other fried side dish. The best part is that vegetables always pair well with any entrée.**



**Stock up on frozen fruit and vegetables. Frozen fruit can work well in smoothies and for dessert toppings. For those late nights and busy days, frozen vegetables are ready in minutes and taste great. Never worry about spoiled produce again!**

## **Additional information and ideas:**

**[www.choosemyplate.gov](http://www.choosemyplate.gov)**

**[www.letsmove.gov](http://www.letsmove.gov)**

**[www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)**