

Focus on Fruits

- Apples
- Apricots
- Bananas
- Berries
- Cherries
- Figs
- Grapefruit
- Grapes
- Kiwi
- Lemons
- Limes
- Mangos
- Melons
- Nectarines
- Oranges
- Papaya
- Peaches
- Pears
- Pineapples
- Plums
- Raisins
- Tangerines

Make At Least Half Your Grains Whole

- 100% whole-grain bread
- Whole-wheat pasta & tortillas
- Barley
- Oatmeal
- Brown rice
- Quinoa
- Popcorn

Get Your Calcium-Rich Foods

- Fat-free or low-fat (1%) milk & yogurt
- Cheese
- Calcium-fortified milk alternatives

Dairy

Go Lean with Protein

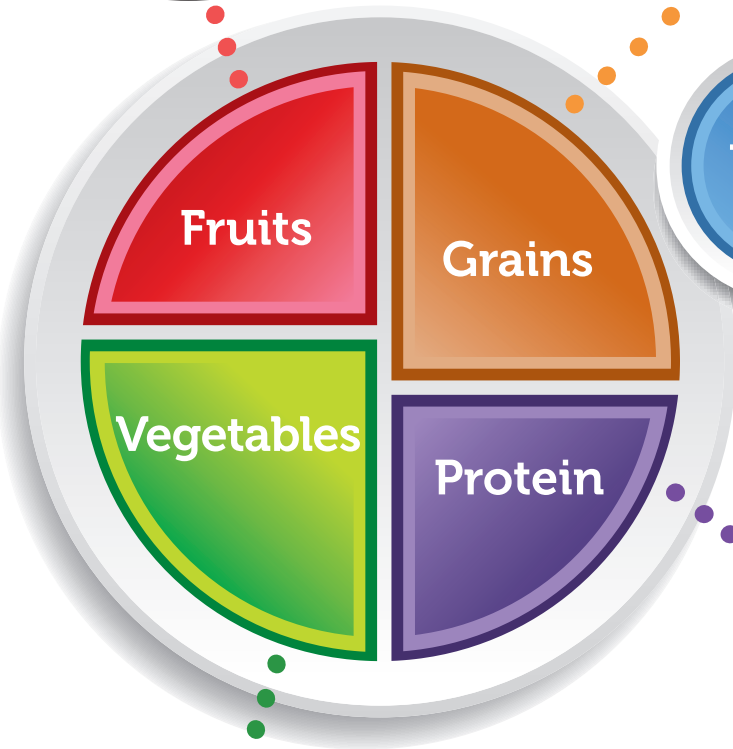
- Lean meat & poultry
- Seafood
- Beans & lentils
- Nuts, nut butters & seeds
- Eggs
- Tofu

Oils

- Nuts & seeds
- Avocados
- Fish
- Olives
- Canola oil
- Olive oil
- Soybean oil






Vary Your Veggies

- Asparagus
- Beans
- Bean sprouts
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Corn
- Cucumbers
- Eggplants
- Greens
- Lentils
- Mushrooms
- Okra
- Onions
- Parsnips
- Peas
- Peppers
- Plantains
- Pumpkin
- Spinach
- Squash
- Sweet Potatoes
- Tomatoes
- Turnips
- Zucchini



What is MyPlate?

MyPlate offers information & ideas to help create a healthy lifestyle for people of all ages. It is based on the *Dietary Guidelines for Americans*. Everything you eat & drink counts. MyPlate can help you create a plan that works for you. Learn about all five food groups below.

Fruits 	Vegetables 	Grains 	Dairy 	Protein 
<ul style="list-style-type: none"> • Whole fruit or 100% fruit juice • Fruits may be fresh, canned, frozen, or dried • Choose fruit canned in water or 100% juice, not syrup 	<ul style="list-style-type: none"> • Whole vegetables or 100% vegetable juice • Five sub-groups: <ul style="list-style-type: none"> - dark-green - red & orange - beans & peas - starchy - other • Vegetables may be raw or cooked; fresh, frozen, canned, or dried • Choose a variety of colors, vegetables from all five sub-groups 	<ul style="list-style-type: none"> • Foods made from wheat, rice, oats, cornmeal, barley, quinoa, or other grains • Choose whole-grain options of bread, pasta & tortillas • Look for 100% whole grain on packaging • Check the ingredient list for “whole grains” 	<ul style="list-style-type: none"> • Choose fat-free (skim) or low-fat (1%) options • Low-fat milk has all the vitamins & minerals as whole, with less fat & calories • Foods that are calcium-fortified such as soy milk count • Foods like cream cheese that have little calcium do not count 	<ul style="list-style-type: none"> • Choose lean meat & poultry • Aim for at least 8 oz of seafood per week • Meatless options include eggs, beans, soy & unsalted nuts & seeds • Eat a variety of protein foods to maximize health benefits

Water



- Choose water instead of sugary drinks such as soda, energy, or sports drinks
- Drink plenty of water when being active, especially in hot weather
- Try adding fresh fruit or herbs to water for added flavor

Activity



- Aim for at least 30 minutes a day of moderate to vigorous activity for health benefits
- Make it do-able by being active throughout the day 10 minutes at a time
- Choose an activity that is enjoyable & appropriate for your fitness level

Oils



- Not a food group but provides essential nutrients
- Nuts, olives, some fish & avocados are nutrient-rich foods that contain healthy oils
- Avoid oils high in saturated or trans fats, such as coconut oil, palm oil & hydrogenated oils

Limit



- Solid fats such as butter, cream, lard & fat from meat or animal products
- Added sugars in sugary drinks, syrups, candy, ice cream, baked goods & other desserts
- Processed foods with added sodium