

Focus on Whole Fruits

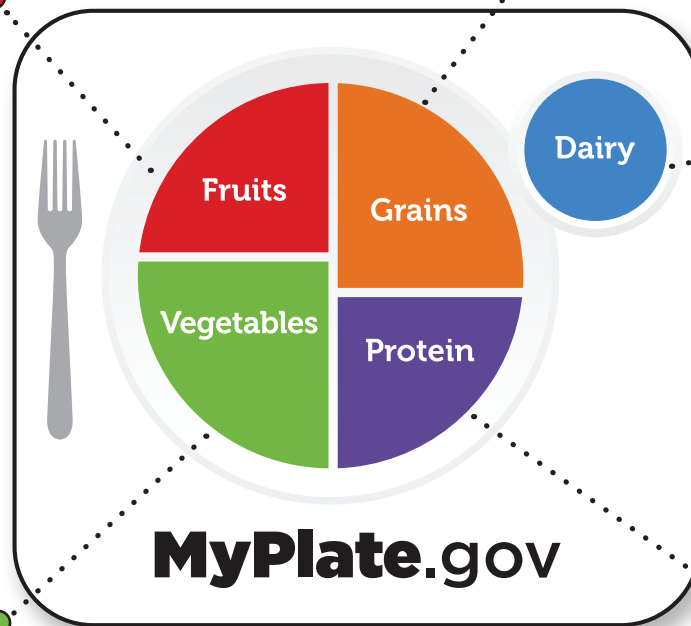
- Apples
- Apricots
- Bananas
- Berries
- Cherries
- Figs
- Grapefruit
- Grapes
- Kiwi
- Lemons
- Limes
- Mangos
- Melons
- Nectarines
- Oranges
- Papaya
- Peaches
- Pears
- Pineapples
- Plums
- Raisins
- Tangerines

Make At Least Half Your Grains Whole

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

Oils

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



Choose Low-Fat or Fat-Free

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

Vary Your Veggies

Dark Green

- Broccoli
- Greens
- Spinach
- Kale
- Romaine

Red & Orange

- Carrots
- Peppers
- Pumpkin
- Sweet potato
- Tomato

Other

- Asparagus
- Bean sprouts
- Cabbage
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Mushrooms
- Nopales
- Okra
- Onions
- Squash

Beans & Peas

- Lentils
- Black-eyed peas
- Pinto beans
- Kidney beans

Starchy

- Corn
- Potatoes
- Green peas
- Plantains
- Hominy

Vary Your Protein Routine

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

Scan to learn more about MyPlate



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



- Whole fruit or 100% fruit juice
- Fruits may be fresh, canned, frozen, or dried
- Choose fruit canned in water or 100% juice, not syrup

Vegetables



- Whole vegetables or 100% vegetable juice
- Five sub-groups:
 - 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

Grains



- 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"

Dairy



- 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

Protein



- 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

Sleep



- Adequate sleep, along with nutrition & exercise, promotes health & reduces disease risk
- Adults should aim for at least 7 hours of sleep each night
- Set a consistent bedtime & reduce screen time before bed to improve sleep quality

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