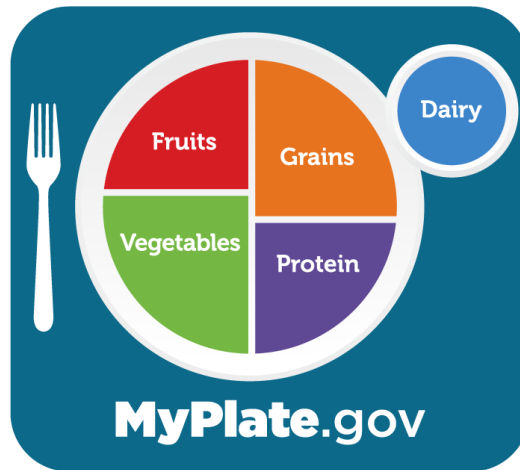


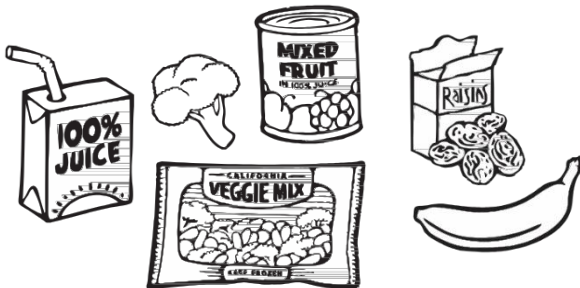
A FOOD GUIDE

MyPlate Activity



Drink water often, with, and between your meals.

Fruits and Vegetables fill $\frac{1}{2}$ the plate. Pile them as high as you want. If you are still hungry, go for more fruit and veggies. Choose a variety of colors and forms: fresh, frozen, canned, dried, and 100% juice.



Grains and starches fill $\frac{1}{4}$ of the plate. Make at least $\frac{1}{2}$ your grains whole grains.

Protein fills $\frac{1}{4}$ of the plate. Choose leaner cuts of meat. Try plant-based proteins like beans, a natural source of fiber and protein.

Dairy: Choose fat-free or low-fat (1%) options. Calcium-rich foods like dairy foods are important for building bones among youth.

Water: Drink more water, the liquid your body needs.

WHOLE FOODS:

- Choose foods in their natural, unprocessed form when possible.

For example, fresh apples are in the “whole” form that nature gave us. Applesauce and apple juice are more processed. Apple-flavored products may not contain real apples.



Whole



Processed

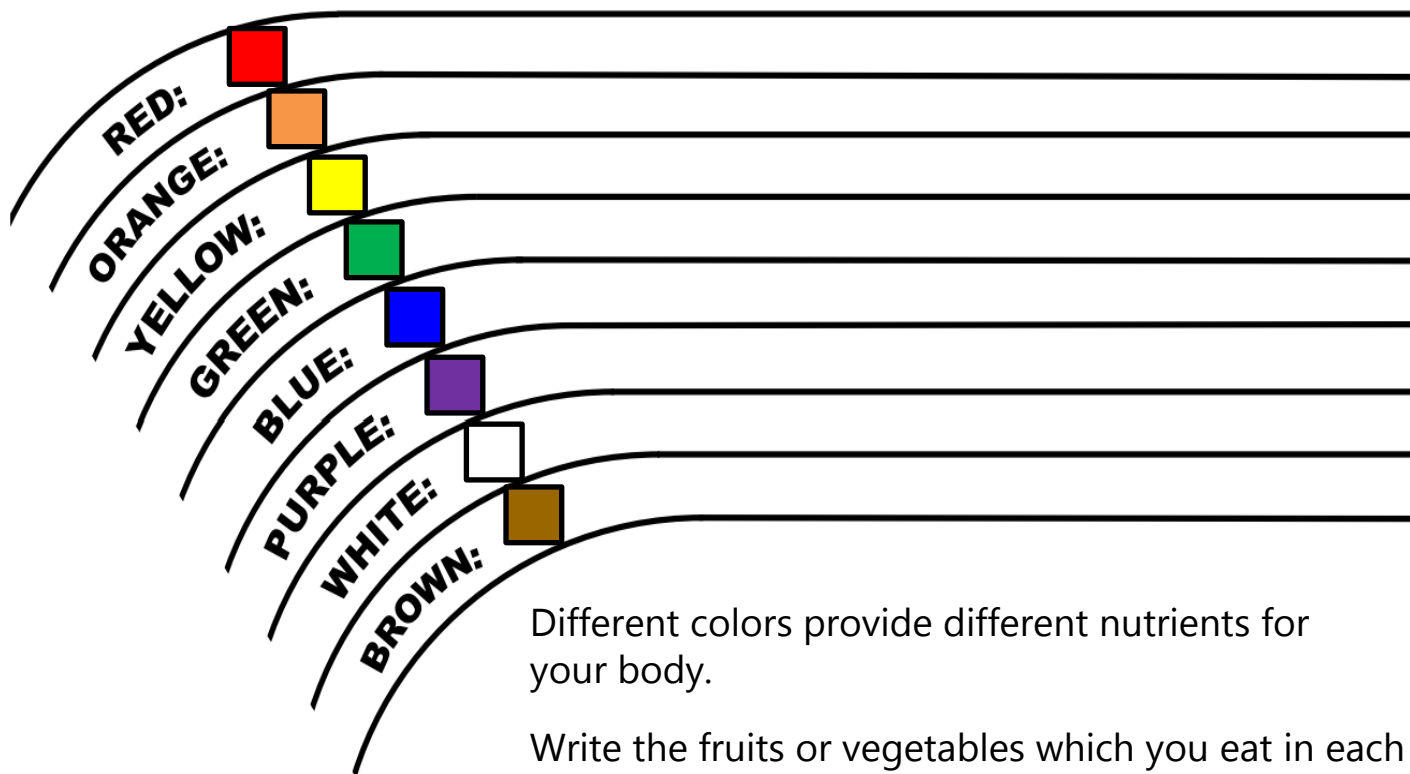



More Processed


MODERATION:


- Reduce your risk of chronic diseases by limiting the amounts of foods you eat that are high in fats, sugars, and salt, such as fatty meats, desserts, and convenience foods.
- Avoid oversized portions.


EAT A RAINBOW OF FRUITS AND VEGGIES!





RED: 


ORANGE: 


YELLOW: 

GREEN: 

BLUE: 

PURPLE: 

WHITE: 

BROWN: 

Different colors provide different nutrients for your body.

Write the fruits or vegetables which you eat in each color category above. What are some others you can add?

Helpful hints to include more fruits and veggies in your meals and snacks:

- Put fruits and veggies in easy to reach places. Keep a bowl of fresh fruits on your table.



- Prepare fruits and veggies cut into bite-sized pieces.
- Top hot or cold cereal, pancakes, waffles, yogurt, or salads with fruit.



- Freeze 100% fruit juice in an ice cube tray or small paper cups to make popsicles.



- Add chopped or mashed fruits and veggies to muffins, quick breads, or other baked goods.



- Add veggies to sauces, soups, or stews.

- Dips and dressings can add taste and flavor to vegetables and fruits. Store-bought products may be high in fat, salt, and calories. Try making your own!



A FOOD GUIDE

- How well does your plate match MyPlate?
- Is there anything you would change?
- What did you learn?

