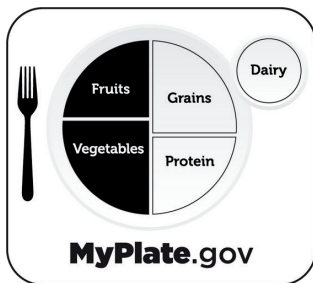


USDA MyPlate

<https://www.myplate.gov>

The United States Department of Agriculture (USDA) MyPlate is designed to help people learn how to eat nutritious, balanced meals throughout the day. MyPlate categorizes food in 5 groups: Fruits, Vegetables, Grains, Proteins, and Dairy. Each cookbook recipe has at least one shaded food group on the MyPlate graphic. The shaded group(s) represents at least 8% of the daily recommended amount per serving. If you would like to learn more about MyPlate, visit www.myplate.gov.



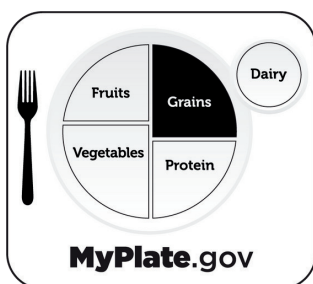
Fruits and Vegetables

Make half your plate fruits and vegetables.

Focus on whole fruits. Vary your veggies.

Fruits and vegetables come in a variety of forms: fresh, frozen, canned, dried/dehydrated, or 100% juice. They can be eaten raw, cooked, whole, cut, or puréed. Focus on fruits and vegetables in their whole form rather than juice.

Eating fruits and vegetables provides nutrients which are important for good health. People who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases.

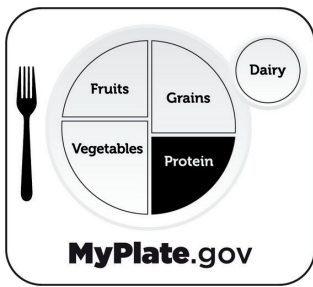


Grains

Make half your grains whole grains.

Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product. Bread, pasta, breakfast cereals, grits, and tortillas are examples of grain products. Foods such as popcorn, rice, and oatmeal are also included in the Grains Group.

Grains are divided into 2 subgroups: whole grains and refined grains. Whole grains contain the entire grain kernel — the bran, germ, and endosperm. Examples of whole grains include whole wheat flour, bulgur (cracked wheat), oat, whole-grain cornmeal, and brown rice. Refined grains have been milled, a process that removes the bran and germ. This is done to give grains a finer texture and improve their shelf life, but it also removes dietary fiber, iron, and many B vitamins. Some examples of refined grain products are white flour, corn grits, white bread, and white rice.



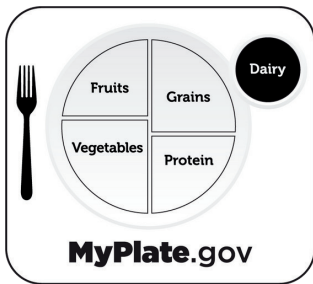
Proteins

Vary your protein routine.

Proteins are divided into 2 subgroups: animal-based and plant-based. Animal-based proteins are foods made from meat, poultry, seafood, and eggs. Plant-based proteins are foods such as beans, peas, lentils, nuts, seeds, and soy products. Beans, peas, and lentils are also part of the Vegetable Group.

Beans, peas, and lentils are excellent sources of plant protein and provide other nutrients such as iron and zinc, similar to protein foods. You can choose to count beans, peas, and lentils as part of the Vegetable Group or the Protein Foods Group, depending on how they fit into your overall eating pattern. They are excellent sources of dietary fiber and nutrients, such as folate and potassium, similar to vegetables.

Eat a variety of protein foods to get more of the nutrients your body needs and for health benefits. Meat and poultry choices should be lean or low-fat, like 93% lean ground beef, pork loin, and skinless chicken breasts. Choose seafood options that are higher in beneficial fatty acids (omega-3 fats) and lower in methylmercury. Good choices include salmon, anchovies, and trout.



Dairy

Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions).

The Dairy Group includes milk, yogurt, cheese, lactose-free milk and fortified soy milk and yogurt. It does not include foods made from milk that have little calcium and a high fat content, such as cream cheese, sour cream, cream, and butter.

Fortified soy milk and soy yogurt, which have calcium, vitamin A, and vitamin D added are included as part of the Dairy Group because their nutritional content is similar to dairy milk and yogurt. Other products sold as “milks” but made from plants (for example, almond, rice, coconut, oat, and hemp “milks”) may contain calcium, but they are not included as part of the Dairy Group because their nutritional content is not similar to dairy milk and fortified soy milk.

Consuming dairy products provides health benefits essential to building and maintaining strong bones and teeth. Foods in the Dairy Group provide nutrients, such as calcium and Vitamin D that are important for health at every stage of life.



The American Heart Association’s Heart-Check Recipe Certification Program Nutrition Requirements were used to determine low-fat and low-sodium ratings on recipes.