



Nutrition Education



What is MyPlate?

MyPlate was created as a tool to help remind us to eat and drink from the 5 food groups. Eating or drinking from the 5 food groups helps support overall health.

The 5 food groups include:

FRUITS, VEGETABLES, GRAINS, PROTEIN and DAIRY.

The multicolored plate organizes the 5 food groups into sections to guide you when planning or serving your healthy meals. You can use the MyPlate icon as a great visual to help you portion what you're eating.

Healthy options to fill your plate



FRUITS Apples, Strawberries, Oranges, Cantaloupe, Bananas, Pears, Kiwi, Mangos and Grapes



VEGETABLES Broccoli, Spinach, Cauliflower, Potatoes, Lettuce, Squash, Corn and Mushrooms



GRAINS Oatmeal, Brown Rice, Pasta, Barley, Bulgar, Whole Wheat Bread, Rye, Wild Rice and Popcorn



PROTEIN Chicken, Beef, Salmon, Pork, Nuts, Seeds, Kidney Beans, Lentils, Peas, Tofu and Eggs



DAIRY Milk, Yogurt, Cottage Cheese, Mozzarella Cheese, Frozen Yogurt and Soymilk (nondairy calcium alternative)

Helpful Tips:

- **Make half your plate fruits and vegetables**
- **Make half your grains whole grains**
- **For dairy, try switching to low-fat or fat-free milk or yogurt**
- **Vary your protein routine with different protein sources through the week**
- **Eat the rainbow! The more colorful your foods the better**

Information obtained from:
www.ChooseMyPlate.gov
&

The Academy of Nutrition and Dietetics

Created by: Heather Cuellar, RD
and Becky Bruno, SNP Manager

November 2019