

HOW TO USE MYPLATE

Choose MyPlate teaches how to eat a balanced diet at each meal.

VEGETABLES	FRUIT	PROTEIN	GRAINS
Vegetables can be raw or cooked, fresh, frozen, canned, or dried/dehydrated: and can be whole, cut-up, or mashed. Choose from Asparagus, Beets, Broccoli, Cabbage, Cauliflower, Celery, Cucumbers, Kale, Lettuce, Mushrooms, Onions, Peppers, Spinach	Enjoy fruits fresh ,canned, frozen, juiced, blended or dried. Choose from Apples, Apricots, Bananas, Berries, Cherries, Grapefruit, Grapes, Kiwi, Lemons/Limes, Melon, Nectarines, Oranges, Peaches ,Pears, Pineapple, Plums, Pomegranate, Watermelon	All foods made from meat, poultry, seafood, beans,and peas, eggs, nuts, and seeds are considered part of the Protein Foods Group. Choose from Nuts, Beans, Eggs, Flax Seeds, Lentils, Lima Beans, Peanuts, Pecans, Pinto Beans, Pumpkin Seeds, Sunflower Seeds, Walnuts, Beef, Chicken, Fish, Tuna , Turkey	Whole grains contain the entire grain kernel. Make half your grains whole grains to get more dietary fiber, iron, and B vitamins. Bagel, Bread, Couscous, Oats, Pasta, Popcorn, Rice, Tortillas, Quinoa, Bulgar, Barley, Muffins, Wraps, Waffles.

Basic steps:

1. Make half your plate fruits and veggies.
2. Vary your proteins
3. Select whole grains
4. Have fun with food!

Health Beet