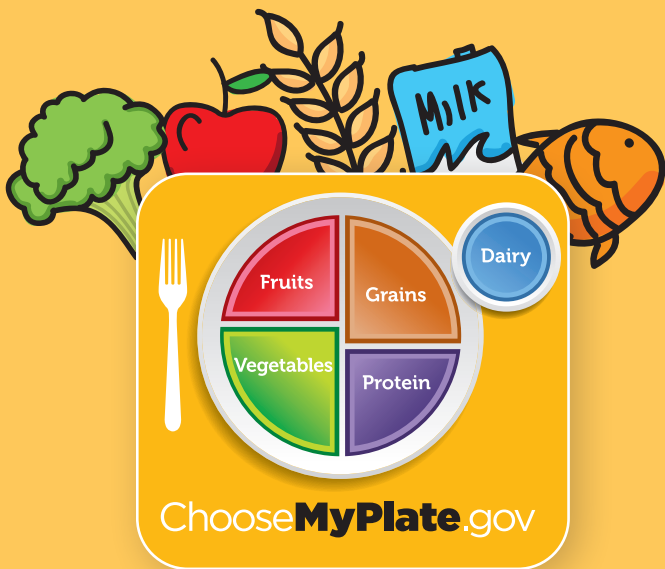


MY PLATE

All food and beverage choices matter.

MyPlate is a tool that can help you find your healthy eating style and remind you to choose foods from all five food groups every day.



EAT BETTER. LIVE BETTER.

HOW MUCH FROM THE FIVE FOOD GROUPS DO KIDS NEED EVERY DAY?

FRUITS: 1/2 CUP



One (1) cup from the fruit group counts as 1 cup fruit (fresh/frozen/cooked/canned), 1/2 cup dried fruit or 1 cup 100% fruit juice.



VEGETABLES: 1 CUP

One (1) cup from the vegetable group counts as 1 cup vegetables (fresh/frozen/cooked/canned), 2 cups leafy salad greens or 1 cup 100% vegetable juice.

GRAINS: 5 OUNCES



One (1) oz. from the grains group counts as 1 slice of bread, 1 oz. ready-to-eat cereal, or 1/2 cup cooked rice/pasta/cereal.



PROTEINS: 5 OUNCES

One (1) ounce from the protein foods group counts as 1 oz. cooked/canned lean meats/poultry/seafood, 1 egg, 1 Tbsp peanut butter, 1/4 cup cooked beans/peas or 1/2 ounce nuts/seeds.

DAIRY: 3 CUPS



One (1) cup from the dairy group counts as 1 cup milk/fortified soy beverage/yogurt, 1 1/2 oz. natural cheese or 2 oz. processed cheese

LIVE BETTER

HEALTHIER. STRONGER. TOGETHER.