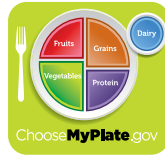




**10 tips**  
Nutrition  
Education Series



**MyPlate**  
**MyWins**

Based on the  
**Dietary Guidelines**  
for Americans

# Choose MyPlate

**Use MyPlate to build your healthy eating style and maintain it for a lifetime.** Choose foods and beverages from each MyPlate food group. Make sure your choices are limited in sodium, saturated fat, and added sugars. Start with small changes to make healthier choices you can enjoy.

**1 Find your healthy eating style**  
Creating a healthy style means regularly eating a variety of foods to get the nutrients and calories you need. MyPlate's tips help you create your own healthy eating solutions—"MyWins."

**2 Make half your plate fruits and vegetables**  
Eating colorful fruits and vegetables is important because they provide vitamins and minerals and most are low in calories.

**3 Focus on whole fruits**  
Choose whole fruits—fresh, frozen, dried, or canned in 100% juice. Enjoy fruit with meals, as snacks, or as a dessert.



**4 Vary your veggies**  
Try adding fresh, frozen, or canned vegetables to salads, sides, and main dishes. Choose a variety of colorful vegetables prepared in healthful ways: steamed, sauteed, roasted, or raw.



**5 Make half your grains whole grains**  
Look for whole grains listed first or second on the ingredients list—try oatmeal, popcorn, whole-grain bread, and brown rice. Limit grain-based desserts and snacks, such as cakes, cookies, and pastries.



**6 Move to low-fat or fat-free milk or yogurt**  
Choose low-fat or fat-free milk, yogurt, and soy beverages (soymilk) to cut back on saturated fat. Replace sour cream, cream, and regular cheese with low-fat yogurt, milk, and cheese.



**7 Vary your protein routine**  
Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry. Try main dishes made with beans or seafood like tuna salad or bean chili.





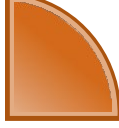


**8 Drink and eat beverages and food with less sodium, saturated fat, and added sugars**  
Use the Nutrition Facts label and ingredients list to limit items high in sodium, saturated fat, and added sugars. Choose vegetable oils instead of butter, and oil-based sauces and dips instead of ones with butter, cream, or cheese.



**9 Drink water instead of sugary drinks**  
Water is calorie-free. Non-diet soda, energy or sports drinks, and other sugar-sweetened drinks contain a lot of calories from added sugars and have few nutrients.

**10 Everything you eat and drink matters**  
The right mix of foods can help you be healthier now and into the future. Turn small changes into your "MyPlate, MyWins."

# MyPlate Food Groups

Food Group	What Counts As...
 <p><b>Fruits</b></p> <ul style="list-style-type: none"> <li>- Whole Fruit</li> <li>- Fruit Juice</li> </ul>	<p><b>1 cup of Fruit</b></p> <ul style="list-style-type: none"> <li>• 1 cup fresh or canned fruit</li> <li>• 1 cup 100% fruit juice</li> <li>• 1/2 cup dried fruit</li> </ul>
 <p><b>Vegetables</b></p> <ul style="list-style-type: none"> <li>- Dark Green</li> <li>- Red and Orange</li> <li>- Beans and Peas</li> <li>- Starchy</li> <li>- Other</li> </ul>	<p><b>1 cup of Vegetables</b></p> <ul style="list-style-type: none"> <li>• 1 cup fresh or canned vegetables</li> <li>• 1 cup 100% vegetable juice</li> <li>• 2 cups leafy salad greens</li> </ul>
 <p><b>Grains</b></p> <ul style="list-style-type: none"> <li>- Whole Grains</li> <li>- Refined Grains</li> </ul>	<p><b>1 ounce of Grains</b></p> <ul style="list-style-type: none"> <li>• 1 slice of bread (1 ounce)</li> <li>• 1/2 cup cooked pasta, rice, or cereal</li> <li>• 1 ounce uncooked pasta or rice</li> <li>• 1 tortilla (6 inch diameter)</li> <li>• 1 pancake (5 inch diameter)</li> <li>• 1 ounce ready-to-eat cereal (about 1 cup cereal flakes)</li> </ul>
 <p><b>Protein Foods</b></p> <ul style="list-style-type: none"> <li>- Seafood</li> <li>- Meat, Poultry, and Eggs</li> <li>- Nuts, Seeds, and Soy</li> </ul>	<p><b>1 ounce of Protein Foods</b></p> <ul style="list-style-type: none"> <li>• 1 ounce lean meat, poultry, or seafood</li> <li>• 1 egg</li> <li>• 1 Tablespoon peanut butter</li> <li>• 1/2 ounce nuts or seeds</li> <li>• 1/4 cup cooked beans or peas</li> </ul>
 <p><b>Dairy</b></p> <ul style="list-style-type: none"> <li>- Milk and Yogurt</li> <li>- Cheese</li> </ul>	<p><b>1 cup of Dairy</b></p> <ul style="list-style-type: none"> <li>• 1 cup milk</li> <li>• 1 cup fortified soymilk (soy beverage)</li> <li>• 1 cup yogurt</li> <li>• 1 1/2 ounce natural cheese (e.g., Cheddar)</li> </ul>

**Want your personal calorie and food group plan?**  
 Check out the MyPlate Plan at [www.ChooseMyPlate.gov/GetMyPlan](http://www.ChooseMyPlate.gov/GetMyPlan).  
 For tips, visit [www.ChooseMyPlate.gov/StartSimple](http://www.ChooseMyPlate.gov/StartSimple).



# MyPlate Food Hunt

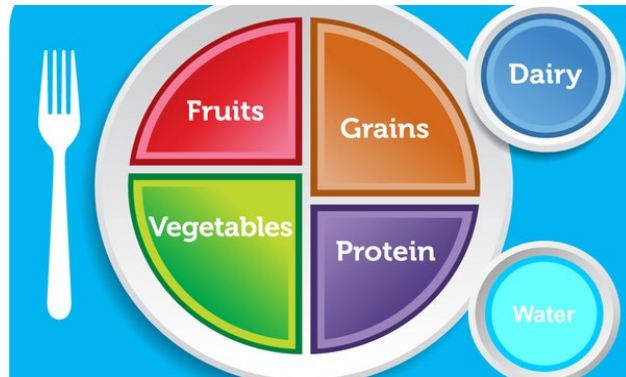


Look around your kitchen. List as many items as you can for each section.

<u>Items to find:</u>	<u>What did I find?</u>
Find dairy items	
Find items made from grains	
Find fruits with different colors	
Find different varieties of protein	
Find vegetable items	
What kind of meat do you see in the fridge/freezer?	
Find something you <b>like</b> to eat	
Find a fruit or vegetable that begins with the letter "C"	
A healthy food that my parent(s)/guardian likes to eat	



# “Fill MyPlate” Activity



The MyPlate diagram serves as a way to eat healthy while enjoying food from each of the five food groups. Remember to follow the recommended serving sizes for each food group as much as possible. The table below are the recommended serving sizes for each food group on a given day.

**Activity:** From the MyPlate Food Hunt activity, write down the foods you found in the selected food group table.

<b>Fruits</b> 1-2 servings per day	<b>Vegetables</b> 1-3 servings per day	<b>Grains</b> 3-8 ounces per day	<b>Protein</b> 2-6 ounces per day	<b>Dairy</b> 2-3 servings per day

Why Choose MyPlate? Choose MyPlate provides nutrient value through the five food groups to support growth and good health.

**Reflection:**

- Do any of the food groups listed above have empty spaces? If so, fill in something you could have eaten from this food group.
- Did you notice that half of your answers should be filled with fruits and vegetable?

