

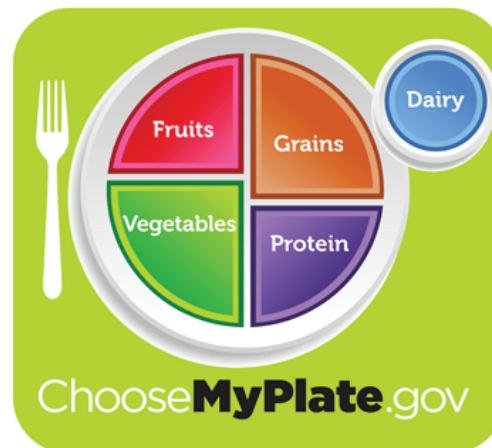
# MyPlate and the Five Food Groups



Do you remember the Food Guide Pyramid? It was developed by the USDA to help us make healthy food choices. In 2011, the Food Guide Pyramid model was replaced by MyPlate. What a clever way to show us how to eat healthy! After all, think for a minute, where do you serve food? On a plate!

*Let's meet MyPlate...*

MyPlate reminds us to eat all five food groups: **Fruits, Vegetables, Grains, Protein and Dairy.**



**Eat fruits of all colors. Choose whole fruit instead of juice. They're packed with fiber and antioxidants.**



**Vary your veggies, the more colors and types the better. Fill half of your plate with fruits and vegetables – more vegetables than fruits.**

**Make half of your grains whole grains. Wheat, rice, oats, barley, rye and quinoa are good examples of grains.**



**Go lean with protein. A palm size amount three times a day is all you need. Beans, eggs, nuts and meats are different types of protein.**

**Move to low fat or fat-free milk products. Three servings per day gives you the calcium you need.**



MyPlate graphic from ChooseMyPlate.gov

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