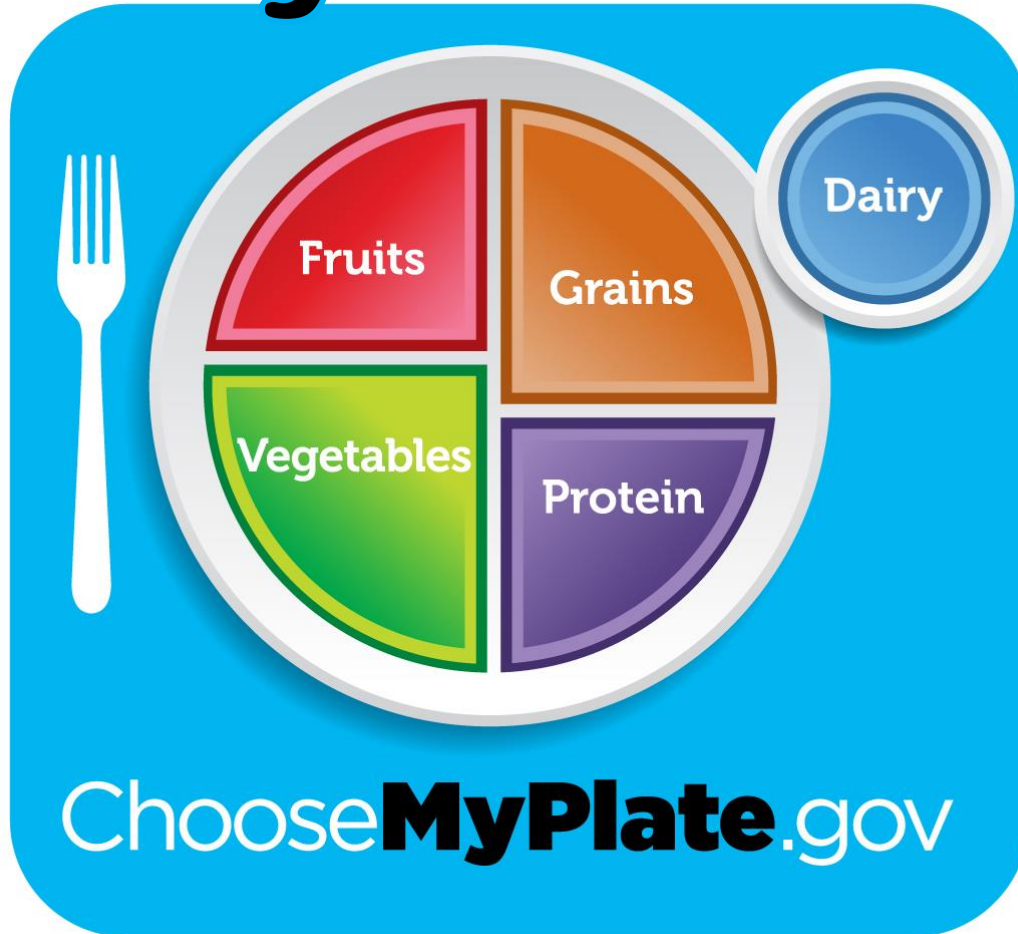


My Plate



General Guidelines

- ✓ Half your plate should be fruits and vegetables.
- ✓ The other half should include grains and proteins.
- ✓ Make at least half of your grains whole grains.
- ✓ Choose lean proteins.
- ✓ Don't forget to eat or drink dairy daily. Choose low fat or fat free products.
- ✓ Incorporate water into your daily meal plans. You do not have to drink water with every meal, but drinking some water every day is good for your body. Maybe drink a glass when you wake up or drink a glass with a snack.

Fruits



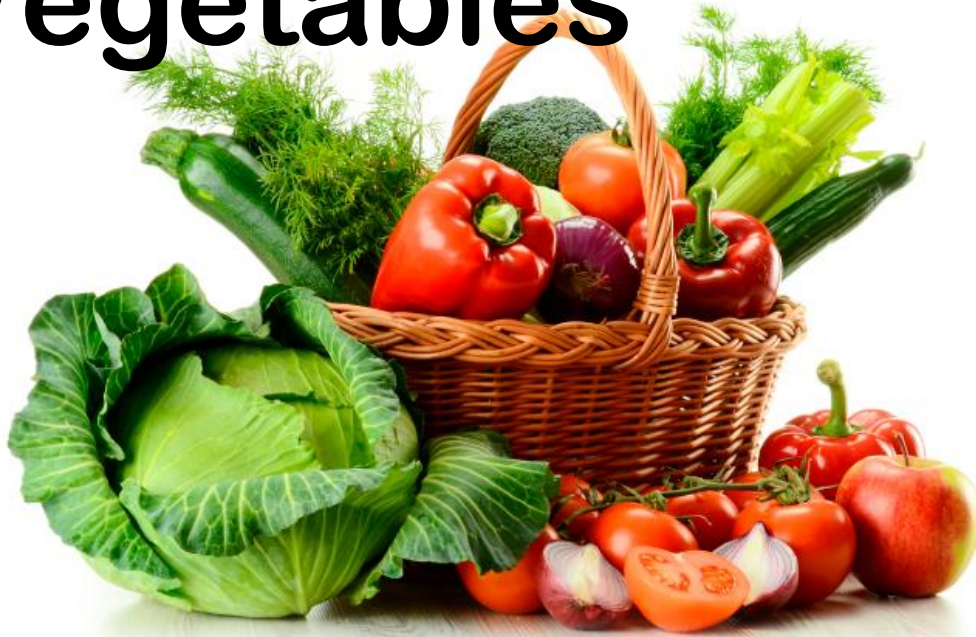
- ✓ Fruit juice and canned, frozen, dried, pureed, or fresh fruit are all considered part of this group.
- ✓ Eat a variety of fruit. The more colorful, the better!
- ✓ Fruits are full of vitamins, minerals, and fiber that will help keep your body working well.
- ✓ Fruits are low in fat and calories and have no cholesterol.

Daily recommendation		
Children	2-3 years old	1 cup
	4-8 years old	1 to 1 ½ cups
Girls	9-13 years old	1 ½ cups
	14-18 years old	1 ½ cups
Boys	9-13 years old	1 ½ cups
	14-18 years old	2 cups
Women	19-30 years old	2 cups
	31-50 years old	1 ½ cups
	51+ years old	1 ½ cups
Men	19-30 years old	2 cups
	31-50 years old	2 cups
	51+ years old	2 cups

What is a Cup of Fruit?

- ✓ 1 cup of fruit or 100% fruit juice, or ½ cup of dried fruit.
- ✓ See <http://www.choosemyplate.gov/food-groups/fruits-counts.pdf> for specifics on what counts as a cup of fruit.

Vegetables



- ✓ These include any vegetable or 100% vegetable juice. Vegetables may be raw, cooked, fresh, frozen, canned, or dried/dehydrated, whole, cut-up, or mashed.
- ✓ Vegetables are low in fat and calories and have no cholesterol.
- ✓ They are full of vitamins, minerals, and fiber that your body needs.

Daily recommendation		
Children	2-3 years old	1 cup
	4-8 years old	1½ cups
Girls	9-13 years old	2 cups
	14-18 years old	2½ cups
Boys	9-13 years old	2½ cups
	14-18 years old	3 cups
Women	19-30 years old	2½ cups
	31-50 years old	2½ cups
	51+ years old	2 cups
Men	19-30 years old	3 cups
	31-50 years old	3 cups
	51+ years old	2½ cups

What is a Cup of Vegetables?

- ✓ 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens
- ✓ See <http://www.choosemyplate.gov/food-groups/vegetables-counts.pdf> for specifics on what counts as a cup of vegetables.

Grains



- ✓ Grains include food made from wheat, rice, oats, barley, cornmeal, and other cereal grains.
- ✓ Make at least half your grains whole grains.
- ✓ A whole grain is when the entire grain kernel is used to make the food. When the whole kernel is used, the product is full of fiber, iron, and many B vitamins.
- ✓ A refined grain has part of the kernel removed. This removes a lot of health benefits from the grain.
- ✓ Limit refined grains in your diet. These foods are anything made from white flour or all-purpose flour.

		Daily recommendation	Daily minimum amount of whole grains
Children	2-3 years old	3 ounce equivalents	1 ½ ounce equivalents
	4-8 years old	5 ounce equivalents	2 ½ ounce equivalents
Girls	9-13 years old	5 ounce equivalents	3 ounce equivalents
	14-18 years old	6 ounce equivalents	3 ounce equivalents
Boys	9-13 years old	6 ounce equivalents	3 ounce equivalents
	14-18 years old	8 ounce equivalents	4 ounce equivalents
Women	19-30 years old	6 ounce equivalents	3 ounce equivalents
	31-50 years old	6 ounce equivalents	3 ounce equivalents
	51+ years old	5 ounce equivalents	3 ounce equivalents
Men	19-30 years old	8 ounce equivalents	4 ounce equivalents
	31-50 years old	7 ounce equivalents	3 ½ ounce equivalents
	51+ years old	6 ounce equivalents	3 ounce equivalents

What Is An Ounce of Grains?

- ✓ 1 slice of bread, 1 cup of ready-to-eat cereal, or ½ cup of cooked rice, cooked pasta, or cooked cereal
- ✓ See <http://www.choosemyplate.gov/food-groups/grains-counts.pdf> for specifics on what counts as an ounce of grains.

Protein



- ✓ Choose lean protein sources. Lean meats are fish, chicken, and any meat labeled as lean.
- ✓ Proteins include meats, seafood, beans and peas, eggs, processed soy products, nuts, and seeds.
- ✓ Proteins are full of vitamins and minerals and help build strong bones, muscles, skin, and hair.
- ✓ Nuts and seeds are full of healthy oils.
- ✓ Eat 8 ounces of seafood per week because it has omega-3 fatty acids, EPA and DHA, which have been shown to decrease risk of heart disease.

Daily recommendation		
Children	2-3 years old	2 ounce equivalents
	4-8 years old	4 ounce equivalents
Girls	9-13 years old	5 ounce equivalents
	14-18 years old	5 ounce equivalents
Boys	9-13 years old	5 ounce equivalents
	14-18 years old	6 ½ ounce equivalents
Women	19-30 years old	5 ½ ounce equivalents
	31-50 years old	5 ounce equivalents
	51+ years old	5 ounce equivalents
Men	19-30 years old	6 ½ ounce equivalents
	31-50 years old	6 ounce equivalents
	51+ years old	5 ½ ounce equivalents

What Counts as a Serving of Protein?

- ✓ 3 ounces of meat, poultry or fish is about the size of a deck of cards, ¼ cup cooked beans, 1 egg, 1 tablespoon of peanut butter, or ½ ounce of nuts or seeds
- ✓ See <http://www.choosemyplate.gov/food-groups/protein-foods-counts.pdf> for specifics on what counts as an ounce of protein.

Dairy

- ✓ Choose low fat or fat-free dairy products. Too much fat is bad for your health.
- ✓ Products like milk, cheese, cream, butter, and yogurt are all considered dairy. Anything made from milk is considered a dairy product.
- ✓ Dairy has calcium in it which is good for your bones and teeth.
- ✓ Some yogurt has probiotics which is good for your stomach and digestive health.



Daily recommendation					
Children	2-3 years old	2 cups	Women	19-30 years old	3 cups
	4-8 years old	2 ½ cups		31-50 years old	3 cups
Girls	9-13 years old	3 cups	Men	51+ years old	3 cups
	14-18 years old	3 cups		19-30 years old	3 cups
Boys	9-13 years old	3 cups	Men	31-50 years old	3 cups
	14-18 years old	3 cups		51+ years old	3 cups

What Counts as a Cup of Dairy?

- ✓ 1 cup of milk, yogurt, or soymilk (soy beverage), 1 ½ ounces of natural cheese, or 2 ounces of processed cheese
- ✓ See <http://www.choosemyplate.gov/food-groups/dairy.html> for specifics on what counts as a cup of dairy.

EAT GREAT, FEEL GREAT, LIVE GREAT

WITH MY PLATE