



Make MyPlate Work for You

Make half your plate fruits and vegetables

- Fruits and Vegetables are full of the nutrients our bodies need to function. Most adults need 2 servings of fruit and 2 1/2 - 3 servings of vegetables each day. In general, 1 piece of fruit or 1 cup of cut fruit count as 1 serving and 1 cup of fresh or cooked vegetables or 2 cups of leafy greens count as 1 serving.

Make half your grains whole grains

- Whole grains are higher in fiber than refined grain products like white bread and pasta. Try oatmeal for breakfast, whole wheat bread to make sandwiches for lunch, or brown rice instead of white rice for dinner. When reading ingredient lists for grain products, make sure the first ingredient has the word "whole" in it. For example, "whole wheat flour" or "whole grain corn"

Switch to low-fat or fat-free dairy

- Dairy products like milk and yogurt are great sources of calcium and vitamin D, two nutrients important for bone health. Dairy is also a good source of protein. Choosing skim, 1%, or 2% milk is an easy way to get these nutrients into your diet while also reducing calories from fat.

Eat a variety of protein sources

- Meats like chicken, beef, eggs, and fish aren't the only ways to get protein into your diet. Beans, nuts, seeds, and soy products are other ways to include protein in your diet and should be included often as a main or side dish at meals. These plant based sources of protein are all low in saturated fat, which can decrease your risk for heart disease.

