



## Choose “MyPlate” for You and Your Family!

**MyPlate** is a tool that can help you learn about eating a balanced diet. The plate is based on five main food groups: Grains, Vegetables, Fruits, Protein (Meat & Beans) and Dairy. Each section of the plate shows a different food group. Eating a variety of foods and in the right amounts will give you the nutrients that you need to stay healthy. Although you may not use a plate to serve your meal, the recommended amount and proportion are still useful guides for healthy eating. For more information or for help with your own eating plan, meet with a dietitian or go to <http://www.choosemyplate.gov>

### **Balancing calories**

- Enjoy your food, but eat less
- Avoid oversized portions

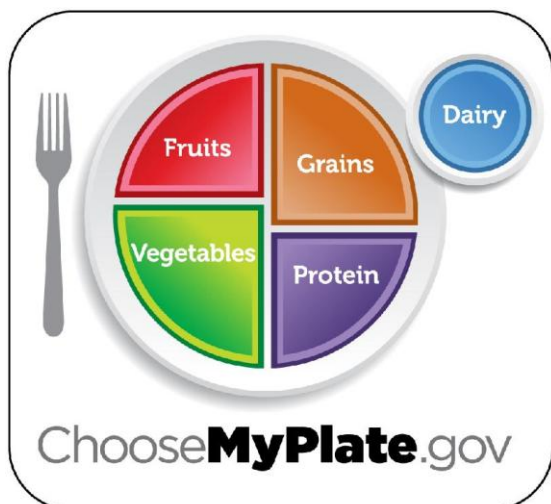
### **Foods to increase**

- Make half of your plate fruits and vegetables
- Make at least half your grains whole grains
- Switch to fat-free or low-fat (1%) milk

### **Foods to reduce**

- Compare sodium in foods like soup, bread, and frozen meals – and choose the foods with lower numbers
- Drink water instead of sugary drinks

(From [www.choosemyplate.gov](http://www.choosemyplate.gov))



“This is a quick, simple reminder for all of us to be more mindful of the foods that we’re eating and as a mom, I can already tell how much this is going to help parents across the country.”

First Lady Michelle Obama

*MyPlate - released June 2011*