

Create Your Plate With MyPlate

Fruits

What are FRUITS?

Green: kiwi, pears

Yellow & Orange: apricots, pineapple, orange, peaches

Red: apples, strawberries, raspberries, cherries, watermelon

Blue & Purple: blueberries, grapes, plums

White: bananas, dates

Grains

What are GRAINS?

Whole Grains: whole wheat bread, brown rice, oatmeal, popcorn, whole wheat cold cereal, whole wheat crackers, whole wheat pasta, whole wheat tortillas, whole wheat buns and rolls, bulgur, whole rye, rolled oats

Refined Grains: cornbread, corn tortillas, crackers, flour tortillas, noodles, pretzels, white bread, white rice

Make at least half your grains whole!

Dairy

Where do you find DAIRY?

Milk: fat-free, low fat 1%, reduced fat 2%, and whole; lactose-free, flavored, calcium-fortified soymilk

Yogurt

Cheese: cheddar, mozzarella, Swiss, parmesan, American, cottage cheese

Milk-based Desserts: pudding, frozen yogurt

Vegetables

What are VEGETABLES?

Dark Green: broccoli, collard greens, dark lettuce leaves, spinach, kale, romaine lettuce

Red & Orange: all squash, carrots, pumpkin, red/green/orange peppers, tomatoes

Beans & Peas: kidney, black, navy, pinto, soy, split peas

Starchy: corn, green peas, potatoes

Others: beets, cabbage, cauliflower



Protein

Where do you find PROTEIN?

Meat: beef, ham, lamb, pork

Poultry: chicken, duck, goose, turkey

Seafood: tuna, salmon, cod, herring

Beans: kidney, black, navy, lima, soy

Eggs

Soy Products: tofu, veggie burger

Nuts: almonds, pecans, peanuts, peanut butter, walnuts

Seeds: sunflower, pumpkin, sesame