

*It's so easy*

# MYPLATE



MyPlate is fun for everyone. And it's easy to try!

## Why Use MyPlate?

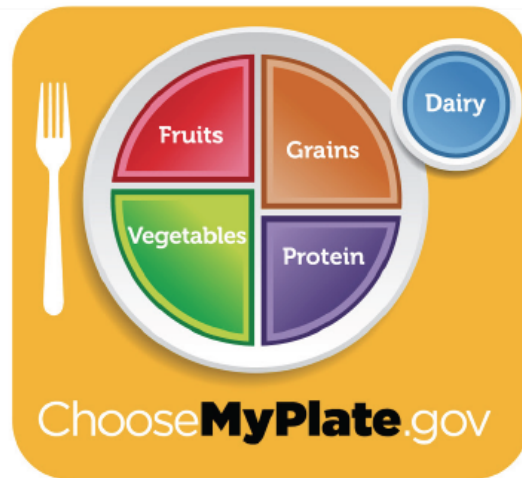
The **balance of foods on MyPlate will help people get all the nutrients** that they need in a day.

Plus, a diet rich in fruits and vegetables, as advocated by MyPlate, helps reduce your risk of heart disease, stroke, diabetes, and certain cancers.

## How Do I Use MyPlate?

It's easy to use MyPlate to improve your eating habits. Just make sure your plate looks like MyPlate at each meal. **Fill half your plate with fruits and vegetables** and be sure to choose whole grains, lean dairy, and varied proteins.

MyPlate also advises people to choose **water** instead of sugary drinks, and to control **portion** size, enjoying your food, but eating less of it.



## Meet MyPlate's 5 Sections:

- **Fruits** may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed. Fruit and 100% juice both count.
- **Vegetables** may be raw or cooked; fresh, frozen, canned, or dried. They may be whole, sliced, or mashed.
- **Grain** foods are made from wheat, rice, oats, cornmeal, barley, or another cereal grain. Choose whole grains.
- Foods made from meat, poultry, seafood, beans, peas, eggs, soy, nuts, and seeds are part of the **protein** group.
- **Dairy** foods include yogurt, milk, cheese, and calcium-fortified foods. Choose skim when possible and limit options with added sugar.

