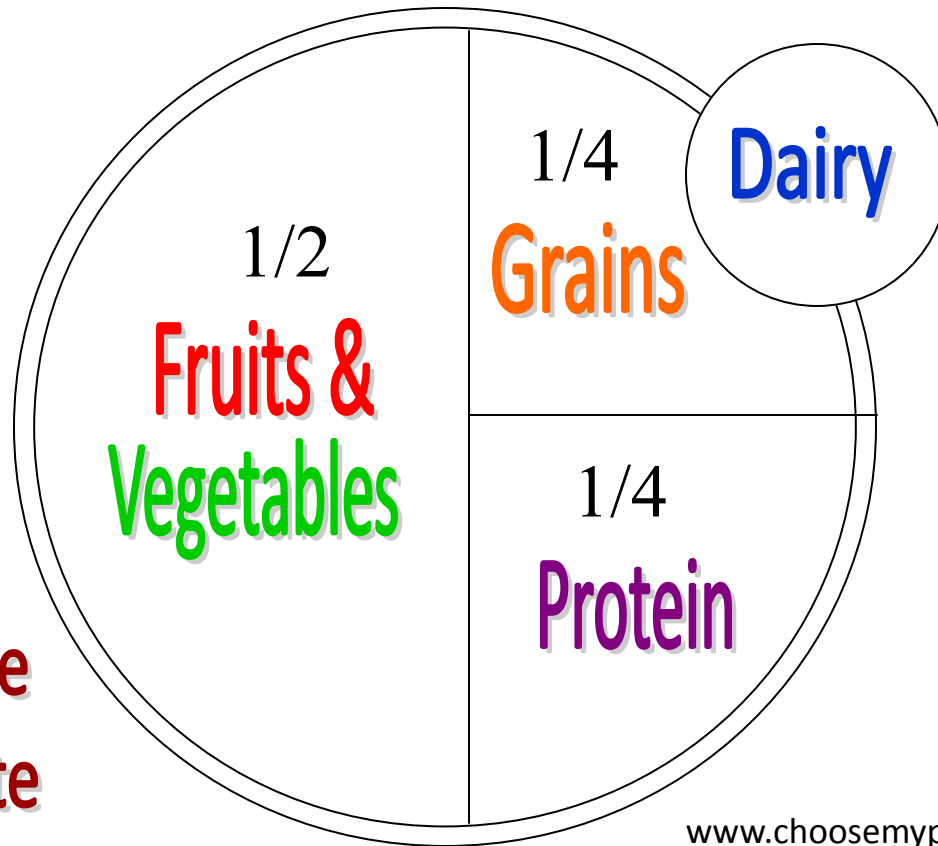


# Make Your Plate Great!

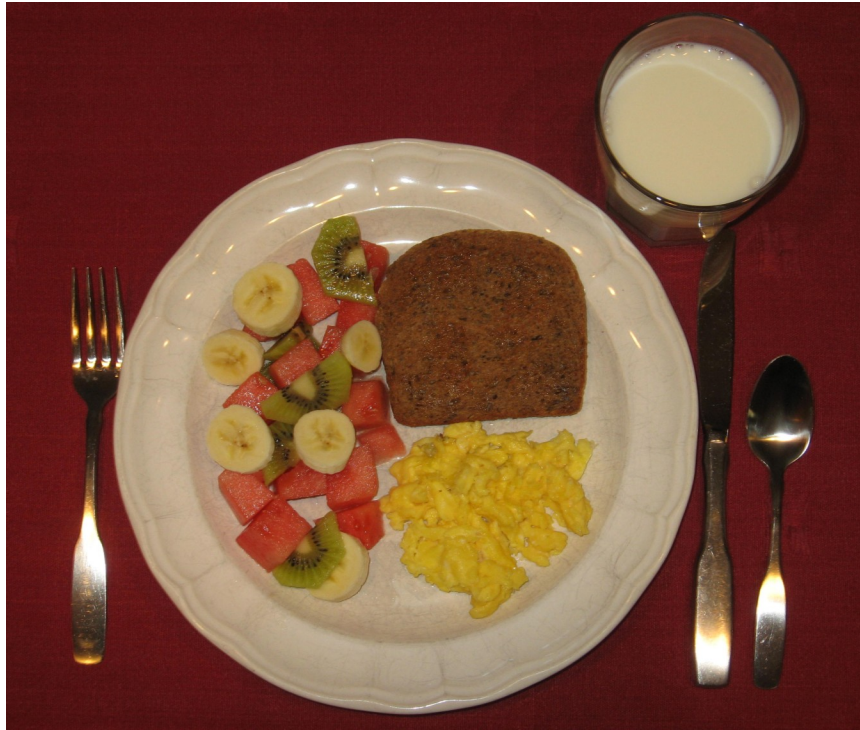


Choose  
MyPlate

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

- ◆ Fruits and vegetables: Think **COLOR** and variety.
- ◆ Grains: Make 1/2 of your grains whole!
  - ◆ brown rice, oatmeal, whole wheat pastas and breads
- ◆ Proteins: Animal- and plant-based
  - ◆ beans, eggs, lean meats, nuts
- ◆ Dairy: Opt for low-fat or fat-free
  - ◆ milk, yogurt, cheese

# Breakfast with MyPlate



- **Protein:** 1 scrambled egg
- **Grain:** 1 slice whole wheat toast
- **Fruit & Vegetables:** 1 cup fruit salad
- **Dairy:** 1 cup skim or low-fat milk

# Lunch with MyPlate



## A Vegetarian Wrap

- **Protein:** 1/2 cup black beans
- **Grain:** 1 whole wheat tortilla
- **Fruit & Vegetables:** 1/2 cup assorted vegetables  
1 apple
- **Dairy:** 1 oz. (1" cube) low-fat cheddar cheese

# Dinner with MyPlate



- **Protein:** 3-4 oz. (palm size) grilled chicken
- **Grain:** 1/2 cup brown rice medley
- **Fruit & Vegetables:** 1/2 cup roasted root vegetables  
1/2 cup tossed salad
- **Dairy:** 1 cup skim or low-fat milk