



MY PLATE GUIDELINES

(This card is used to facilitate instruction, questions to ask – answers ETC... If the back is required – that’s OK – but try to limit to one card for reference)

Basic Recommendations:

- Make $\frac{1}{2}$ your plate fruits and vegetables.
- Eat a mix of at least $\frac{1}{2}$ whole grains daily.
- Choose low-fat or fat-free dairy.
- Vary protein choices (beef, chicken, fish, beans, nuts, etc)
- Cut back on salt (sodium) and empty calories from solid fats & added sugars.
- Drink more water instead of sugary beverages.

Healthy Eating Tips:

- Snacks are a fast and easy way to add more fruits, vegetables and dairy to your diet.
- Eat the rainbow – having a variety of colorful fruits and vegetables daily.
- Read ingredients lists looking for the words “whole grain” before the grain ingredient name.
- Compare sodium levels on food labels choosing the item with the lower number.
- Measure how many servings your glasses and bowls at home hold to better understand how much you consume.

Food Groups & Serving Sizes:

Fruits & Vegetables: 1 serving = 1 cup

Grains: 1 serving = 1 ounce

Dairy: 1 serving = 1 cup

Protein: 1 serving = 1 ounce; for a 2,000 calorie diet you need 5 $\frac{1}{2}$ ounces per day

Check on Learning Questions

1. What are the 5 food groups represented on the My Plate?
 - Grains, Protein, Fruits, Vegetables, Dairy
2. How much of your plate should be fruits and vegetables?
 - Half your plate
3. What is an example of a whole grain?
 - Oatmeal, brown rice, whole grain pasta, whole wheat bread, rye, barely