



# MY PLATE GUIDELINES

TASK: Teach Soldiers how to use My Plate Guidelines to build and plan healthy meals.

CONDITIONS: Discussion – Question based.

STANDARDS: Identify all food groups and appropriate proportions of the plate...

REFERENCE(S): USDA; [www.choosemyplate.gov](http://www.choosemyplate.gov)



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## Basic Recommendations

- Make half your plate fruits and vegetables
- Make at least half your grains whole grains
  - Examples: oatmeal, wheat bread, brown rice, rye
- Choose low fat or fat free dairy
- Vary your protein food choices
- Cut back on salt (sodium) and empty calories from solid fats and added sugars
- Drink more water instead of sugary beverages





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## Food Groups & Serving Sizes

**Fruit:** 1 serving = 1 cup

Example: 1 cup raw or cooked fruit or 100% fruit juice (8oz); ½ cup dried fruit

**Vegetables:** 1 serving = 1 cup

Example: 1 cup of raw or cooked vegetables or 100% vegetable juice; 2 cups leafy salad greens

**Grains:** 1 serving = 1 ounce

Example: 1 slice of bread; ½ cup cooked rice, cereal, or pasta; 1 ounce of ready-to-eat cereal (read food label on box)

**Dairy:** 1 serving = 1 cup

Example: 1 cup (8 oz) of milk, yogurt, or fortified soymilk; 1 ½ ounces natural or 2 ounces processed cheese

**Protein:** 1 serving = 1 ounce; For a 2000 calorie diet you only need 5 ½ ounces per day

Example: 1 ounce of lean meat, poultry, or fish; 1 egg; 1 Tbsp peanut butter; ½ ounce nuts or seeds; ¼ cup beans or peas



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## Additional Healthy Eating Tips

- Use snacks to get in more fruit, vegetable, and dairy servings.
- Read the ingredients list on product labels for the words “whole grain” before the grain ingredient name.
- Compare sodium on food labels and choose those with a lower number.
- Measure how much your glasses and bowls hold at home to know how many servings you normally eat.
- Eat a variety of different colored fruits and vegetables.