

*Talk with your
dietitian or
primary care
clinician about
nutrient goals
that are right
for you.*

Healthy Eating with MyPlate

It is important to eat a balanced diet with a variety of healthy foods. This diet includes lean protein, whole grains, low-fat dairy products, vegetables and fruits.

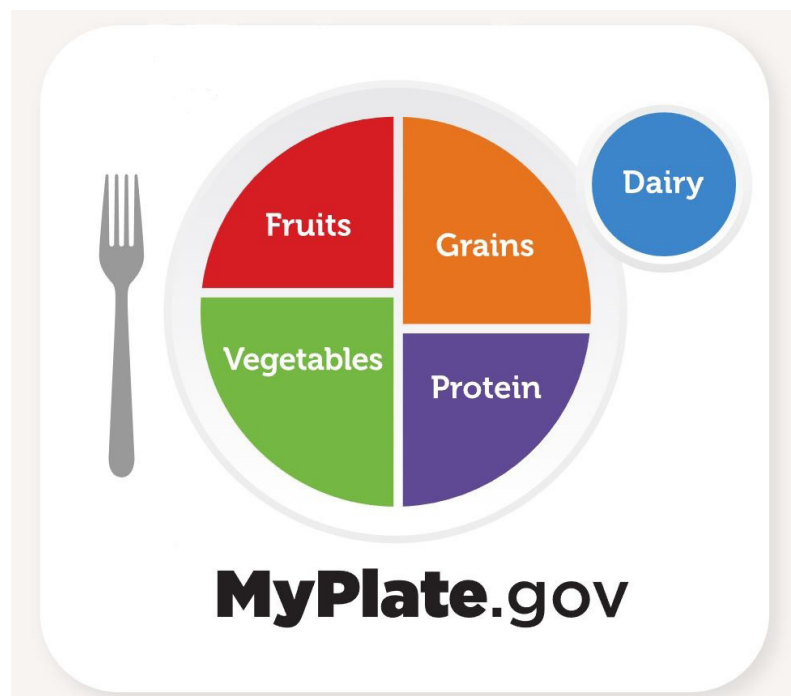
MyPlate® is a tool created by the U.S. Department of Agriculture (USDA) to guide you on healthy eating. Go to myplate.gov to learn more.

Building a healthy plate

To make a balanced meal for breakfast, lunch or dinner, use MyPlate as a guide to make your plate:

- Fill 1/2 your plate with fruits and vegetables.
- Fill 1/4 of your plate lean proteins.
- Fill 1/4 of the plate with high fiber grains.
- Choose low-fat or fat-free dairy.

Figure 1. MyPlate



Fruits and vegetables

Choose whole fruits and vegetables of different colors, such as dark green, yellow, orange and red.

Fruit

- Apples or unsweetened apple sauce
- Bananas
- Berries
 - Strawberries
 - Blueberries
 - Blackberries
 - Raspberries
- Cantaloupe
- Cherries
- Kiwi
- Oranges or “cutie” mandarin oranges
- Papaya
- Peaches
- Pears
- Pineapple

Vegetables

- Bean sprouts
- Beets
- Broccoli
- Cauliflower
- Cucumbers
- Kale
- Leeks
- Lettuce
- Mushrooms
- Onions
- Peppers
- Spinach
- Squash
- Tomatoes
- Zucchini

Lean protein

- Poultry (such as chicken or turkey)
- Seafood (such as tuna, salmon, tilapia, shrimp)
- Eggs or egg whites
- Legumes (such as beans, chickpeas, lentils)
- Nuts and nut butters (such as peanut, almonds)
- Seeds (such as chia seeds)
- Soy, soy beans, tofu

Whole grain

Make at least 1/2 of the grains that you eat whole grains.

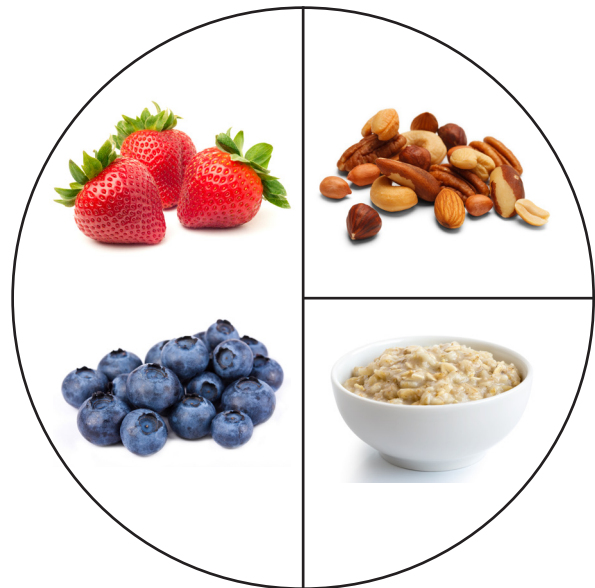
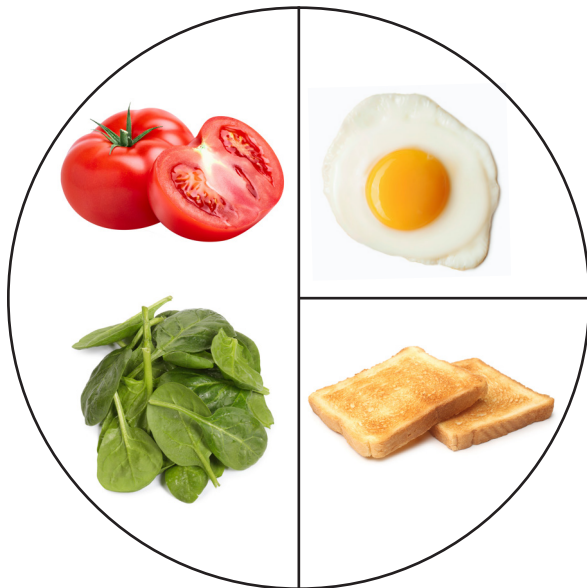
- Whole grains (such as bulgur, quinoa, brown rice, oatmeal)
- Whole grain pasta
- Whole grain bread

Dairy

Choose low-fat dairy options. If you choose a dairy alternative, try to use options fortified with calcium, vitamin A and D.

- Low-fat cheese (such as cottage cheese, ricotta)
- Greek yogurt
- Low-fat milk
- Soy milk or soy yogurt

Healthy breakfast ideas



Healthy lunch or dinner ideas

