

Eat the MyPlate Way

Grains



6 oz daily, 3 or more whole grains

1 oz grains =

- 1 slice bread
- 1 cup breakfast cereal
- 1/2 cup cooked rice, cereal or pasta
- 1 small corn or flour tortilla, 6" diameter

Source of:

Fiber, B vitamins, magnesium

Health Benefit:

Decrease risk for heart disease and high blood cholesterol levels

Make half your grains whole:

Stock your pantry with whole grain staples: whole-wheat breads & rolls, cereal, brown rice.

When eating out, order whole grain cereal for breakfast.

Try brown rice or whole-wheat pasta.

Use rolled oats or crushed whole grain cereal as a breading for baked chicken or fish.

Vegetables



2½ cups or more daily

1 cup vegetables =

- 2 medium carrots
- 1 large ear corn
- 1 large tomato
- 1 large green or red pepper
- 1 medium potato

Source of:

Vitamin A, potassium, fiber, vitamin C

Health Benefit:

Decrease risk for stroke, type 2 diabetes, some cancers

Make half your plate fruit and veggies:

Have a main dish salad for lunch or dinner.

Add chopped vegetables to pasta sauce, lasagne and pizza.

Keep a bowl of cut up vegetables, like broccoli, red pepper and carrots for quick snacks.

Shred carrots or zucchini into meatloaf, casseroles and quick breads.

Fruits



2 cups or more daily

1 cup fruit =

- 1 small apple
- 1 banana
- 8 large strawberries
- 1/2 cup dried fruit, like raisins or prunes

Source of:

Vitamin C, potassium, fiber, folate

Health Benefit:

Decrease risk for type 2 diabetes, stroke, heart disease, some cancers

Make half your plate fruit and veggies:

Slice bananas or strawberries on your cereal.

Make a fruit smoothie by blending fat free milk with fresh or frozen fruit.

Pack fruit in lunches – try tangerine, grapes or a peach.

Select canned fruit in 100% fruit juice or water rather than syrup.

Dairy



3 cups or more daily

1 cup dairy =

- 1½ oz of cheese
- 1 cup of yogurt
- 1/3 cup shredded cheese
- 1 cup pudding made with milk

Source of:

Calcium, Vitamin D, protein, potassium

Health Benefit:

Improve bone mass and blood pressure, maintain healthy weight, better quality diet

Switch to fat-free or low-fat milk:

Drink milk at most meals.

Add low-fat milk instead of water to hot cereals, soups, and box mixes.

Top casseroles, soups, stews or veggies with shredded low-fat cheese.

Make a yogurt dip for fruits or vegetables.

Top a baked potato with low fat cheese or yogurt.

Protein



5½ oz daily

1 oz protein =

- 1 oz cooked lean meat, poultry, fish
- 1 egg
- 1/4 cup cooked dry beans
- 1 Tbsp peanut butter

Source of:

Protein, iron, zinc, potassium, magnesium

Health Benefit:

Building blocks for muscles, bones, skin and blood, decrease risk of anemia

Go lean with protein:

Bake, broil, roast or grill lean meats, poultry & fish instead of frying.

Serve dry beans or peas as a main dish or as part of a meal often.

Have nuts or seeds for a snack, on salads or in main dishes.

Choose fish more often for lunch or dinner.



Note: Servings are based on a 2,000 calorie diet.



Eat the MyPlate Way

Breakfast:

- ½ whole wheat bagel with
- 2 tsp low fat cream cheese
- 1 string cheese
- 1 small banana
- 1 cup coffee or tea



Lunch:

- Roast beef sandwich
- 1 whole grain roll
- 3 oz lean roast beef
- 1½ oz part skim mozzarella cheese
- 2 slices tomato
- 2 leaves romaine lettuce
- 1 tsp yellow mustard
- ½ cup carrot sticks
- 2 tbsp fat free ranch dressing
- 1 oz baked potato chips
- 1 glass iced tea



Dinner:

- Hawaiian pizza with
- 2 slices cheese pizza
- 1 oz Canadian bacon
- ¼ cup pineapple
- 2 tbsp mushrooms
- 2 tbsp chopped onions
- Spinach salad with
- 1 cup baby spinach leaves
- ½ cup tangerine slices
- 2 tbsp almond slivers
- 2 tbsp fat-free salad dressing
- 1 cup fat-free milk
- 1 small oatmeal cookie



Snack:

- Fruit parfait with
- ½ cup diced peaches and berries
- ½ cup fat free fruit yogurt
- ¼ cup low fat granola



Remember:

- Choose foods and beverages that are low in added sugars.
- Use low fat and fat free salad dressings and mayonnaise.
- Check Nutrition Facts label to keep sodium low.
- Find your balance between food and physical activity.

Be Active Every Day

Make physical activity a regular part of your day - EVERY day!

Being physically active is important to live a long, healthy, happy life. It can help relieve stress, lower your risk of chronic disease, build and maintain bones. Physical activity increases the amount of calories your body burns and can help you get down to a healthy weight and stay there.

Choose activities that you enjoy and will do regularly!

At home:

- Start a neighborhood walking group
- Push the baby in a stroller
- Enjoy an afternoon bike ride with your kids
- Walk up and down the soccer or softball field sidelines while watching the kids play.



At play:

- Walk, jog, skate or cycle
- Swim or do water aerobics
- Take a class in martial arts, dance or yoga
- Golf (pull cart or carry clubs)
- Play basketball, softball or soccer
- Take a nature walk



At work:

- Get off the bus or subway one stop early and walk the rest of the way
- Replace a coffee break with a brisk 10 minute walk.
- Take part in an exercise program at work or a nearby gym
- Join the office softball or bowling team.



Remember:

- Physical activity and nutrition work together for better health.
- **HAVE FUN** while being active!