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Tips to a Great Plate!

Dairy

Move to fat free or low fat dairy milk or yogurt

- Drink milk or lactose-free milk at meals
- Add milk as an ingredient in soups, oatmeal and scrambled eggs
- Make a yogurt dip for fruits and vegetables
- Top salads, soups and vegetables with low fat cheese
- Pair cottage cheese with fresh or frozen fruit



Vegetables

Vary your veggies

- Add leftover vegetables to omelets, wraps and stir fry
- Dip fresh vegetables (peppers, carrots, cherry tomatoes) in hummus or yogurt
- Have a main dish salad with colorful vegetables
- Include vegetables in smoothies



Fruits

Focus on whole fruits

- Top pancakes or waffles with berries and yogurt
- Blend a smoothie with fresh or frozen fruit
- Pack fruit (bananas, apples, oranges or peaches) to go
- Make a fruit kabob or serve fruit as a dessert with drizzled yogurt



Grains

Make half your grains whole

- Stock your pantry with whole grains like whole wheat bread, pasta and brown rice
- Use whole grain cereal as a topping for yogurt or in a bowl with milk
- Mix grains (barley or wild rice) with veggies and low fat cheese
- Try a whole grain tortilla with black beans, cheese and avocado



Protein

Go lean with protein

- Mix nut butter and yogurt together as a dip for celery or apple wedges
- Add protein (chickpeas, hard boiled eggs or grilled chicken) to salads
- Make a charcuterie board with nuts, seeds, fruit and low fat cheese
- Choose lean proteins like fish, poultry and lean beef

