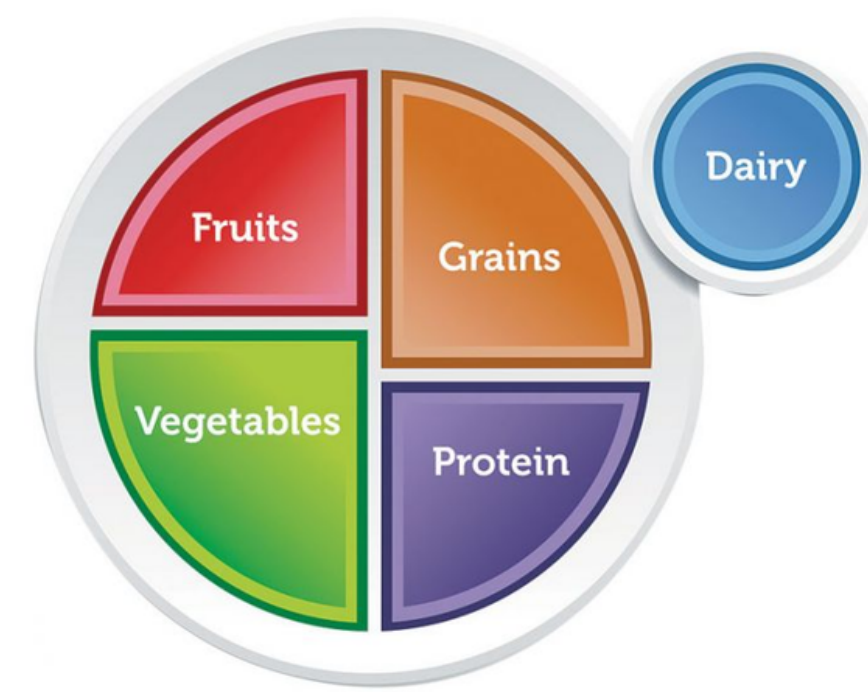


# CHOOSE MYPLATE

## Principles of MyPlate



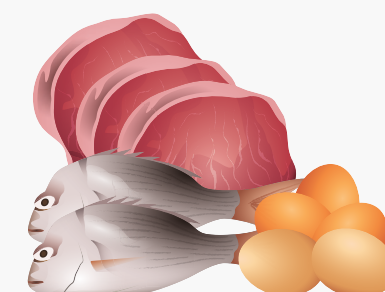
### Vary your Veggies

Vegetables come in many different colors. Choose a variety and include them in meals like sandwiches and wraps.



### Vary your Protein

Sources of protein include poultry, lean meats, soy, eggs, seafood, and unsalted nuts and seeds.



### Choose Low-Fat or Fat-Free Dairy

Low-fat and fat-free dairy provides the same amount of nutrients as whole milk with less saturated fat and calories.



### Choose Whole Fruit

Include fruit as a part of your meal or a yummy snack.

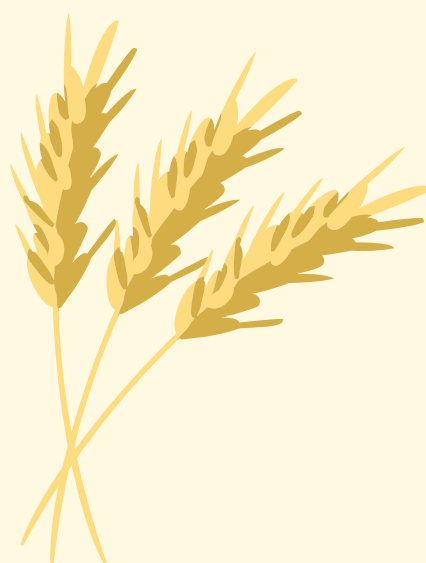
*Fresh, frozen, canned, or dried fruit are a great option.*



### Choose Whole Grains

Choose whole-grain versions of your favorite breads, pastas, and tortillas.

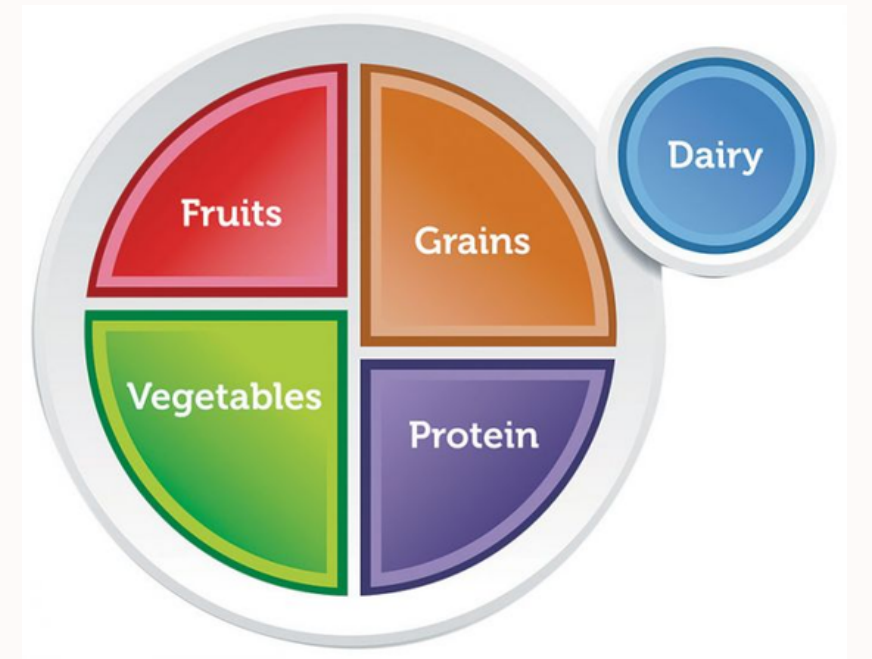
*Low-sodium popcorn is a delicious snack and great way to incorporate more whole grains into your diet.*



### Tips

- Fill half of your plate with fruits and vegetables.
- Choose foods and beverages with less added sugars, saturated fat, and sodium.
- Engage in physical activity to help prevent disease and manage your weight.

# MAKE YOUR PLATE LOOK LIKE MYPLATE



Describe your favorite meal. What can you change to make your plate more like MyPlate?

[illegible]

This material was funded by the USDA's Supplemental Nutrition Assistance Program-SNAP.  
This institution is an equal opportunity provider.

