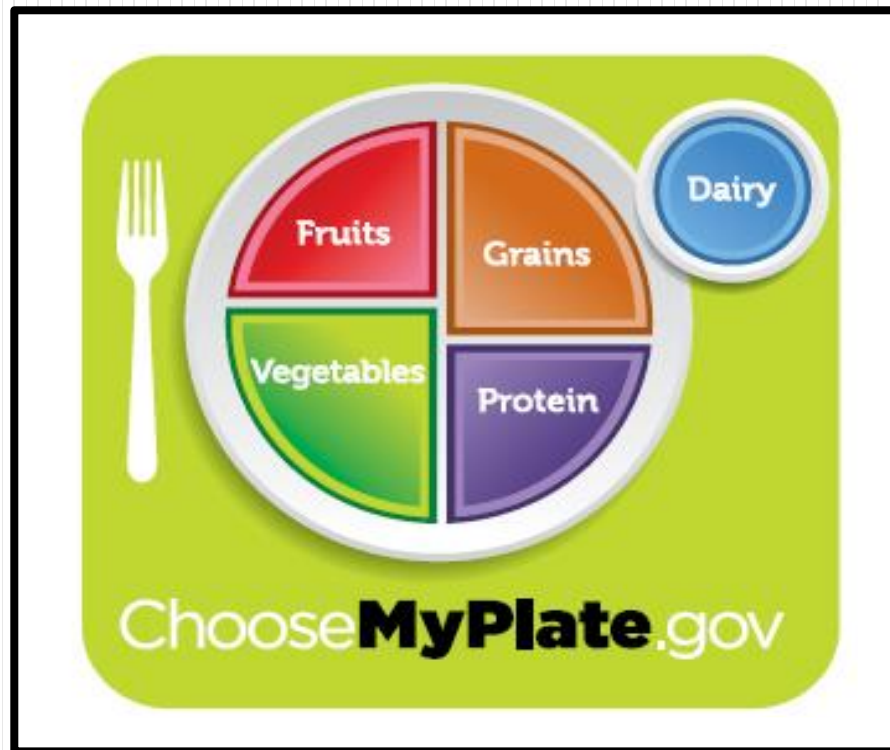


# Intro to MyPlate



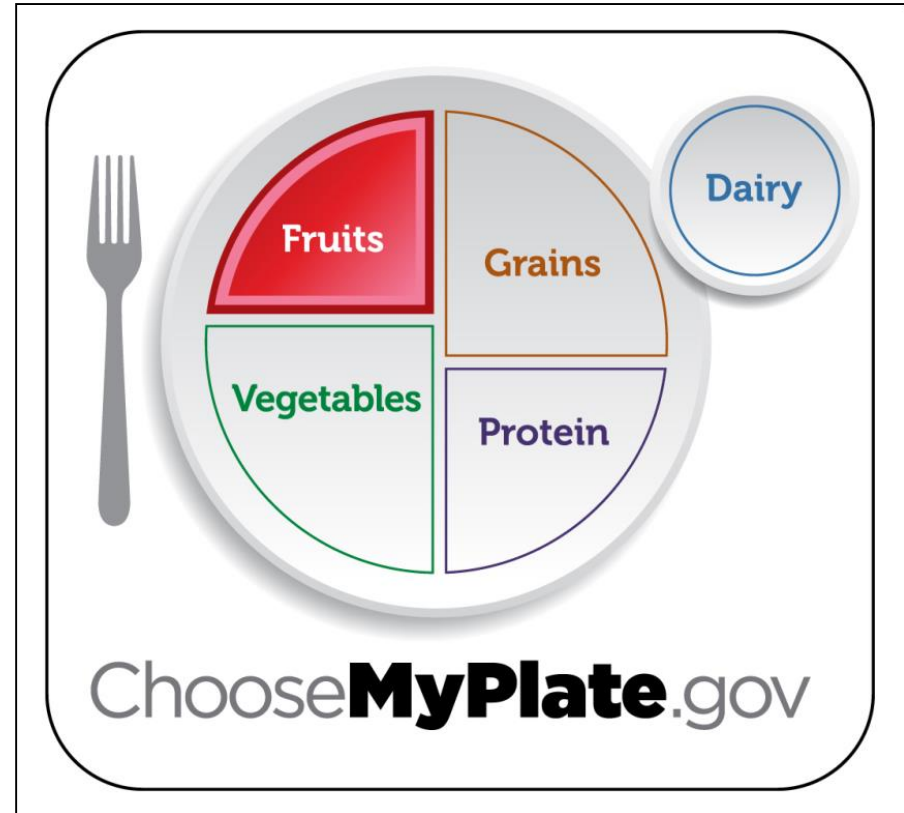
# What is MyPlate?

1. **MyPlate is the current nutrition guide from the USDA that is meant to help people develop a healthy diet.**
2. **MyPlate is broken into FIVE food groups.**



# Fruits Group

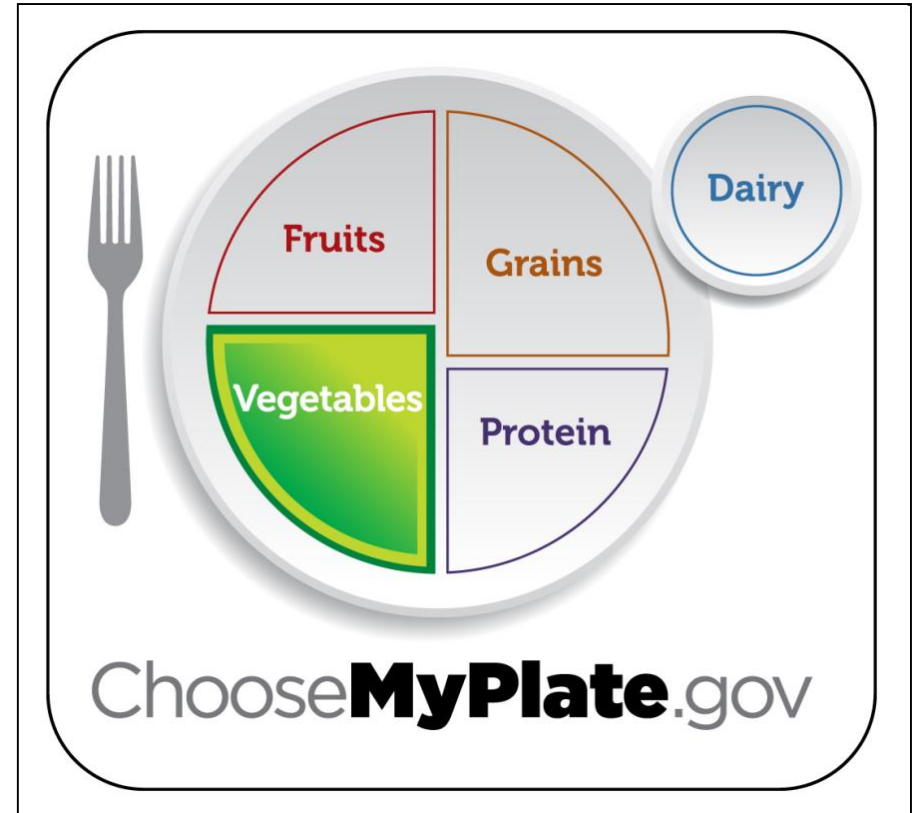
1. Key Consumer Message:  
**Make half your plate fruits and vegetables.**
2. Major Nutrients Found in the Fruits Group:  
**Vitamins, Minerals**



**Other Tips: Use fruits as snacks, salads or desserts. Choose whole or cut up fruits more often than fruit juice.**

# Vegetables Group

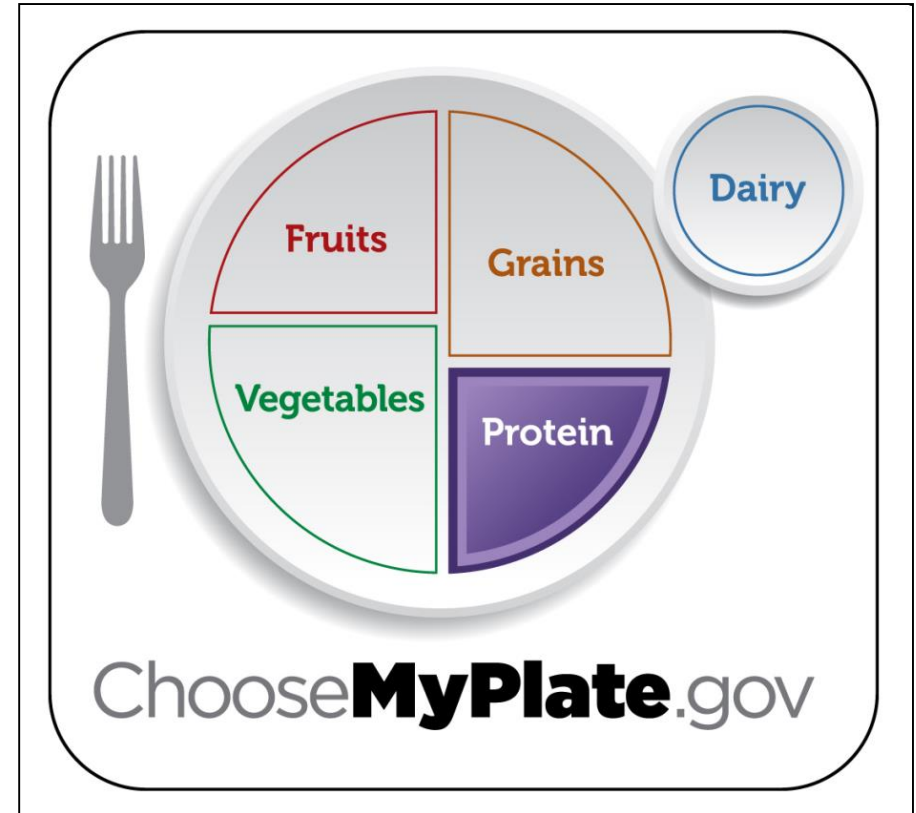
1. **Key Consumer Message:**  
**Eat red, orange and dark green vegetables.**
2. **Major Nutrients Found in the Vegetables Group:**  
**Vitamins, Minerals**



**Other Tips: Choose fresh, frozen, canned or dried vegetables.**

# Protein Group

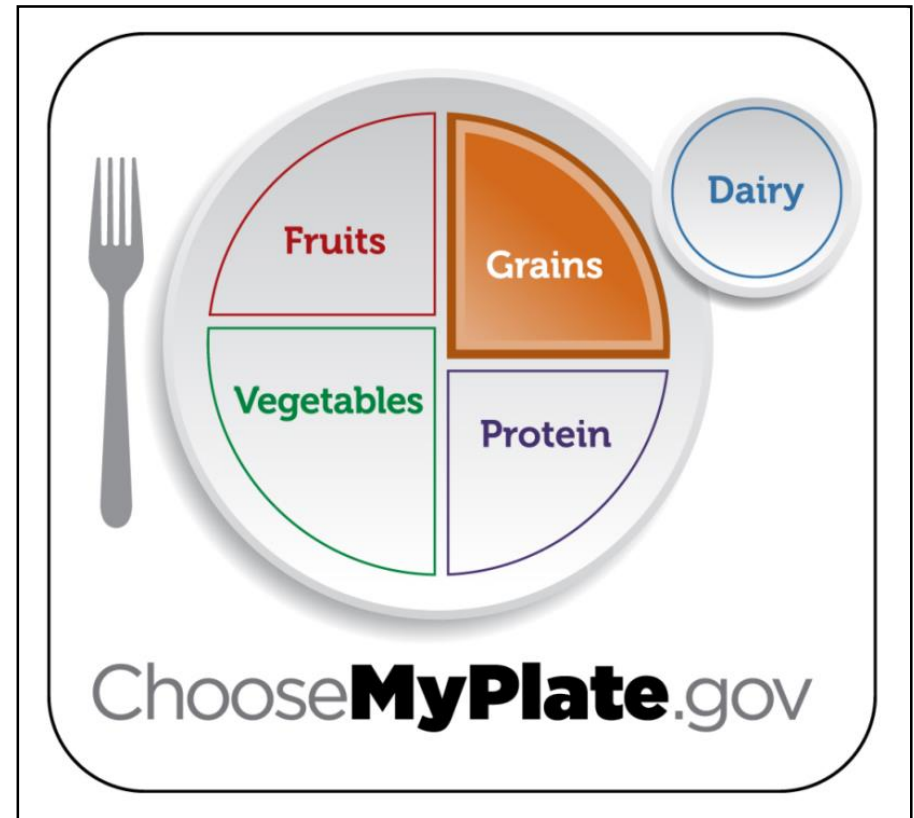
1. **Key Consumer Message:**  
**Keep meat and poultry portions small and lean.**
2. **Major Nutrients Found in the Protein Group:**  
**Protein, Minerals, Fat**



**Other Tips: Choose a variety of different protein sources. Choose 8 ounces of seafood per week. Try grilling, broiling, poaching or roasting.**

# Grains Group

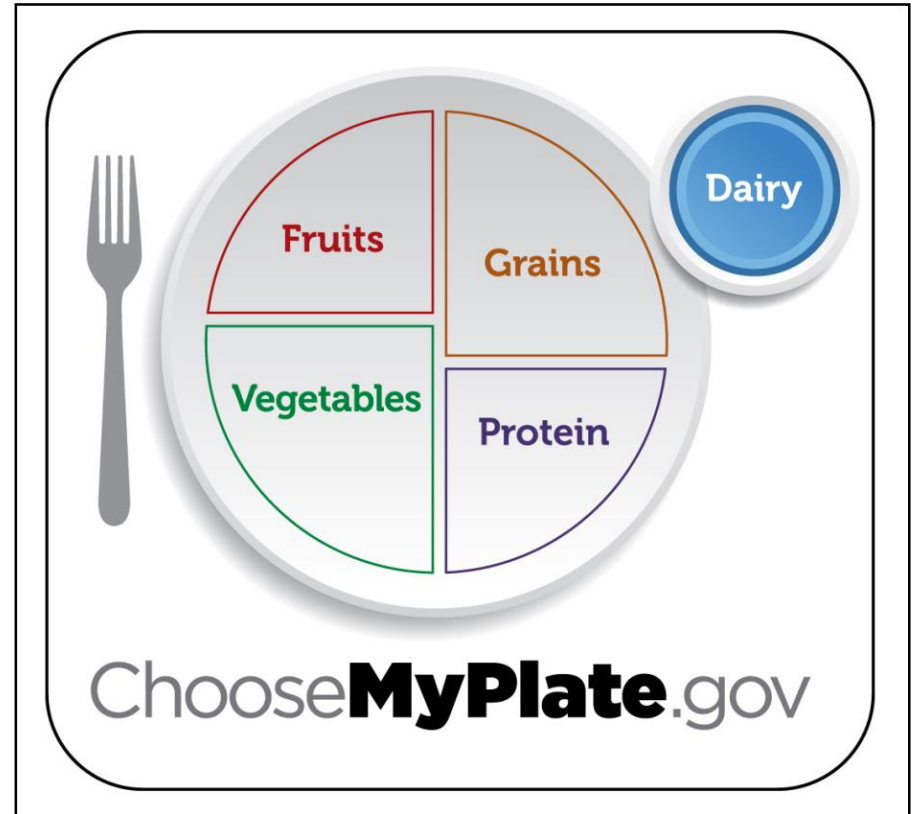
1. **Key Consumer Message:**  
**Make half your grains whole grains.**
2. **Major Nutrients Found in the Grains Group:**  
**Carbohydrates**



**Other Tips: Choose 100% whole grain cereals, breads, crackers, rice and pasta. Check the ingredients list on food packages to find whole grain foods.**

# Dairy Group

1. **Key Consumer Message:**  
**Switch to low-fat or fat-free milk. Get your calcium rich foods.**
2. **Major Nutrients Found in the Dairy Group:**  
**Protein, Fat, Vitamins, Minerals**



**Other Tips: Low-fat or fat-free dairy products have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.**