

# Eat the MyPlate Way

## Dairy



3 cups/day

Dairy foods are a source of calcium, Vitamin D, & protein

- Add milk to hot cereal, soups, and casseroles
- Top entrees with low-fat shredded cheeses
- Try substituting Greek yogurt for mayonnaise in recipes
- Use yogurt as a dip for fruits or veggies

## Protein



5-6 oz equivalents/day

Protein foods are a source of iron, zinc, & potassium

- Bake, broil, roast, air-fry, or grill lean meats, poultry, and fish
- Serve dry or low-sodium canned beans as a side item often
- Have nuts or seeds for a snack or top them on salads
- Look for low-sodium deli meats and no-salt added peanut butter

## Vegetables



3-4 cups/day

Vegetables are a source of Vitamin A, Vitamin C, and fiber

- Fill half your plate with fruits and veggies during lunch and dinner
- Add chopped raw veggies in pasta sauce, on pizza, and in soups
- Have cut up bagged or individually wrapped veggies in fridge for quick snacks

## Fruit

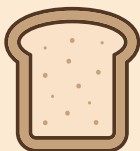


2 cups/day

Fruits are a source of Vitamin C, potassium, fiber, & folate

- Top your cereal or yogurt with sliced fresh fruit or frozen berries
- Blend a smoothie with fresh or frozen fruit and milk
- Try fruit bowls in 100% juice or enjoy 100% fruit juice drinks
- Look for dried fruit with 0g of added sugars

## Grain



3½-5 oz equivalents/day

Grains are a source of fiber, B Vitamins, and magnesium

- Aim for half your grains to be whole grains vs. enriched/refined
- Try whole grain rich cereals, whole wheat breads, whole wheat tortillas, and whole wheat pastas
- Enjoy brown rice more often than white rice

# Staple Shopping List

## Dairy



3 cups/day

- Milk (Whole, 1%, 2%, lactose-free, organic, Flavored, or Skim)
- Yogurt (plain, flavored, or Greek)
- Cottage Cheese (low fat or full fat)
- Low-fat shredded, string, or sliced cheese

## Protein



5-6 oz equivalents/day

- Lean meats (92% or more lean ground beef & chicken or turkey breasts, and pork loin or pork chop)
- Fresh or frozen fish (salmon, tilapia, cod, halibut)
- Eggs
- Dry or low-sodium canned beans, peas, or lentils
- Natural peanut butter with no salt added

## Vegetables



3-4 cups/day

- Raw vegetables (need to be prepped or already sliced/packaged)
- Frozen bagged vegetables
- Canned low-sodium or no-salt added vegetables
- Bagged leafy greens (spinach, kale, romaine, salad mixes)
- Raw potatoes or sweet potatoes

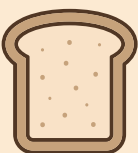
## Fruit



2 cups/day

- Whole fruit (apples, bananas, oranges, peaches, berries, pears)
- Frozen fruit (berries or mixed fruit medleys)
- Dried fruit/fruit leathers (aim for 0g added sugars on the label)
- 100% fruit juice
- Fruit cups packed in 100% juice
- Unsweetened applesauce

## Grain



3½-5 oz equivalents/day

- Whole-grain rich cereals
- Old-fashioned Oats or Quick 1 Minute Oatmeal
- Whole wheat pastas
- Whole wheat breads, tortillas, rolls, and buns
- Brown rice