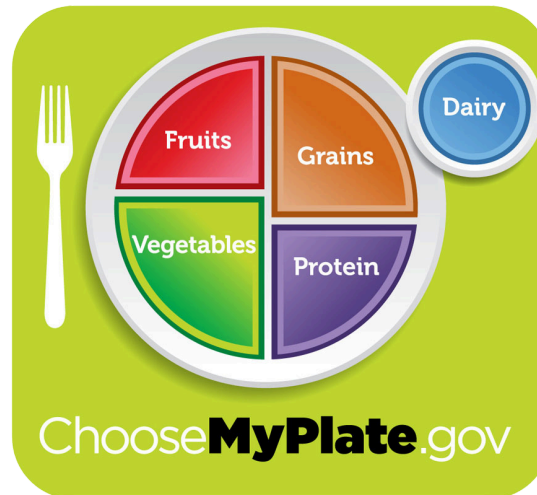


A HEALTHY PLATE GUIDE FOR PARENTS

What is MyPlate?

Launched in 2011, MyPlate is a simple reminder to choose a variety of foods throughout the day.



● **Fruits**

Make half your plate fruits and veggies.
Focus on whole fruits.

● **Vegetables**

Make half your plate fruits and veggies.
Vary your veggies.

Grains ●

Make a quarter of your plate grains.
Make half your grains whole grains.

Protein ●

Make a quarter of your plate protein.
Vary your proteins.

● **Dairy**

Prioritize low-fat or fat-free dairy milk or yogurt (or lactose-free or fortified soy versions if needed).

3 servings/day is recommended.
(1 serving = 1 cup of milk, yogurt OR 1.5 ounces of cheese)

The Dairy Group includes milk, yogurt, cheese, lactose-free milk and fortified soy milk and yogurt.

Dairy provides up to **13 essential nutrients** that are vital for the growth, development, and maintenance of the body. These nutrients include calcium, potassium, vitamin D, protein, and more.

This information was brought to you by



Nevada Chapter

American Academy of Pediatrics
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