

Family Food Time

MyPlate is the recent replacement for MyPyramid through the United States Department of Agriculture. MyPlate is broken down into 5 groups containing grains, vegetables, fruits, dairy, and protein foods.

Grains Group

At least half of the grains eaten should be whole grains.

The amount of grains depends on your age, sex, and level of activity.

Most need 6 oz. equivalents every day. In general, 1 equivalent is 1 slice of bread; 1 cup ready-to-eat cereal; or ½ cup cooked rice, pasta, or cereal.

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Contains all foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds.



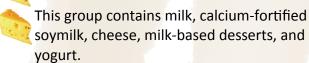
Most adults and kids need 5-6 ounces every day.

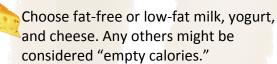


Try to select a lean choice, and trim away all visible fat.

Dairy Group

Most need 3 cups per day.

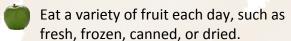


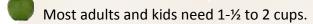


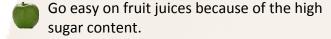
You Are a Role Model

- Purchase, prepare, and eats fruits and vegetables.
- Set a good example—drink more milk and water.
- Prepare and eat meals as a family.

Fruit Group









Vegetable Group

Protein Foods Group

Any vegetable or 100% vegetable juice.

Most need 2-½ cups every day.

Try to buy fresh vegetables when they are in season. They cost less and are likely to be at their peak flavor.

Healthy Choices from Each Food Group

- Lots of fruits, vegetables, and whole grains.
- Fat-free or low-fat milk and milk products (yogurt, cheese).
- Lean meats, beans, and nuts.



