

## MyPlate Food Groups

MyPlate is a symbol to help us follow the Dietary Guidelines for Americans. The MyPlate symbol represents healthy eating and is a guide to a well-balanced meal. Before you eat, think about what goes on your plate or in your cup or bowl! For more information, visit [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov). MyPlate includes five different food groups: grains, vegetables, fruits, dairy, and protein. Each food group includes foods with different important nutrients. Eat foods from all five food groups every day for good health.

### GRAIN GROUP

**Make at least half your grains whole.**

Examples from the grain group: 100% whole wheat bread, oatmeal, bulgur, and brown rice.

*1 ounce = 1 slice bread, 1 cup dry cereal,  
½ cup cooked cereal or pasta*

Foods found in the grain group are our body's main source of energy.



### FRUIT GROUP

**Make half your plate fruits and vegetables.**

Examples from the fruit group: apples, oranges, bananas, kiwi, and strawberries.

*Eat a variety of fruits. Eat whole fruit more often than fruit juice.*

Eating fruit, as part of a healthy diet, may reduce the risk of some diseases such as heart disease, cancer, and type 2 diabetes.

### VEGETABLE GROUP

**Make half your plate fruits and vegetables.**

Examples from the vegetable group: carrots, tomatoes, cucumbers, peas, and broccoli.

*Eat a variety of different colored vegetables every day.*

Eating vegetables may help reduce the risk of chronic diseases such as heart disease, cancer, and type 2 diabetes.

### PROTEIN GROUP

**Go lean with protein.**

Examples from the protein group: meats, poultry, fish, beans, eggs, nuts, and seeds.

*3 ounces = size of a deck of cards*

Foods from the protein group provide nutrients that are important for growth, strong muscles and organs, fighting infection, and preventing anemia. Cook meats, poultry, and fish by baking, broiling, or grilling.

### DAIRY GROUP

**Switch to fat-free or low-fat (1%) milk.**

Examples from the dairy group: low-fat or fat-free milk, cheese, and yogurt.

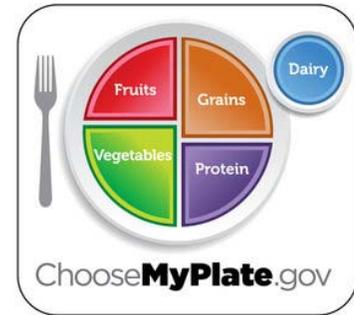
*Lactose-free dairy foods are available for those who cannot eat or drink regular dairy products.*

Eating foods from the dairy group helps build strong bones and teeth.

**Know how. Know now.**

## How much food should I eat from each food group?

Find out how much you need to eat from each food group each day by visiting [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov). Recommendations are based on your age, gender, height, weight, and physical activity level.



\*The average person needs about 2,000 calories a day.

Daily Amount of Food From Each Group					
Calorie Level	1,600	1,800	2,000	2,200	2,400
<b>Fruit</b>	1.5 cups	1.5 cups	2 cups	2 cups	2 cups
<b>Vegetable</b>	2 cups	2.5 cups	2.5 cups	3 cups	3 cups
<b>Grain</b>	5 ounces	6 ounces	6 ounces	7 ounces	8 ounces
<b>Protein Food</b>	5 ounces	5 ounces	5.5 ounces	6 ounces	6.5 ounces
<b>Dairy</b>	3 cups	3 cups	3 cups	3 cups	3 cups

## It is also Important to Consume Oils

Oils are not a food group, but they are an important part of a balanced diet. Recommendations for how much and what kinds of oils to include in your diet can be found at [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov). Oils are a healthy type of fat and provide essential nutrients. They are found in a variety of foods, so there are many different ways to fit oils into your diet. The following is a list of some common foods that contain healthy oils:

- Fish
- Nuts
- Seeds
- Avocados
- Olives



Limit fats that are solid at room temperature such as butter, shortening, and stick margarine. These fats tend to raise “bad” cholesterol levels in the blood, which increases the risk for heart disease.