
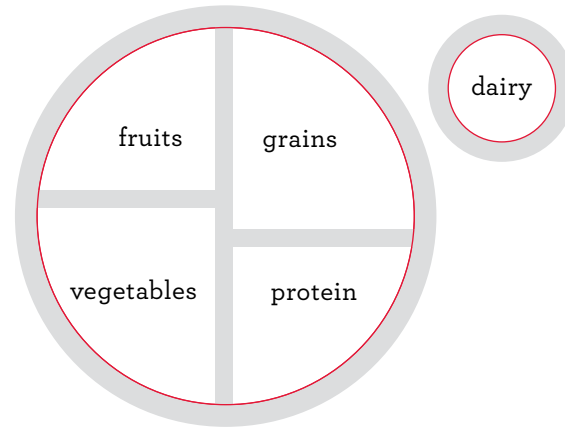


What's On Your Plate?

Better health starts with eating well-balanced meals that include plenty of fruits and vegetables—the building blocks of nutrition. Use *MyPlate* as a guide to incorporate all five food groups to create healthy meals.

THE FIVE FOOD GROUPS ARE:

-  *Fruits*
-  *Vegetables*
-  *Grains*
-  *Proteins*
-  *Dairy*



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Healthy Tips:

Make half the plate fruits and vegetables.

To build a healthy meal, begin with more fruits and vegetables and fewer proteins and grains.

Use *MyPlate* as a guide to serve the correct portion sizes of each food group. Healthy habits start early.

Remember: YOU are the best role model for your child!



BREAKFAST BURRITO

- 1 whole wheat tortilla (6-inch)
- 1 scrambled egg with
- 1 cup green bell pepper slices
- Add salsa for an extra kick!

On the side: 1 cup of fruit, like a medium apple

On the side: 1 cup fat-free milk

NUTRITION FACTS:

380 Calories; 9 grams fat; 9 grams dietary fiber



SAVORY RICE AND BEANS

- ½ cup cooked brown rice
- ¼ cup cooked black beans
- 1.5 ounces (⅛ cup) shredded cheddar cheese
- 2 cups lettuce and sliced tomatoes

On the side: ½ cup raisins

NUTRITION FACTS:

490 Calories; 9 grams fat; 11 grams dietary fiber

smart & savory sample plates

MYPLATE MEALS FOR YOUR CHILD



TURKEY SANDWICH LUNCH

- 2 slices whole wheat bread
- 2-3 thin slices lean turkey
- 1 slice (1.5 ounce) cheddar cheese
- 1 cup raw spinach or lettuce

On the side: 12 baby carrots

On the side: 1 medium banana

NUTRITION FACTS:

458 Calories; 10 grams fat; 11 grams dietary fiber



ITALIAN SPAGHETTI DINNER

- 1 ounce lean ground beef with seasoning
- ½ cup whole wheat spaghetti pasta
- 1 cup tomato-based marinara sauce
- 1 cup sautéed zucchini

On the side: 1 cup strawberry slices

NUTRITION FACTS:

320 Calories; 4 grams fat; 8 grams dietary fiber