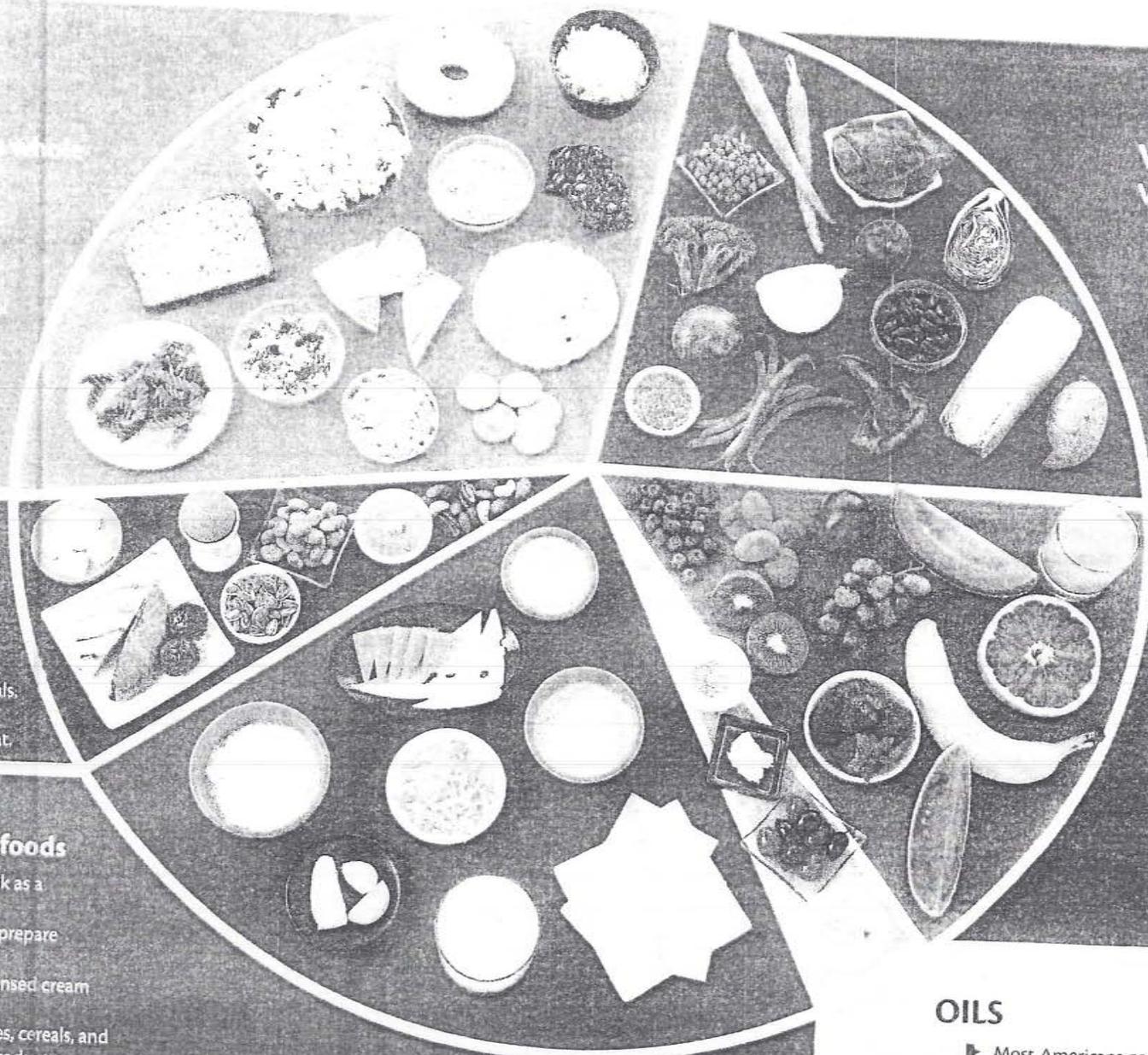


The US Food Plate

Based on



GRAINS

Get your grains whole

- ▶ Choose 100% whole grain products. Look for a "100% whole grain" label on rice or whole wheat pasta.
- ▶ For other grains that are not 100% whole grain, look for the word "whole" first on the label. "Enriched" is not an indication of whole grain. Bulgur or quinoa are also good choices for soups, stews, and casseroles.

VEGETABLES

Vary your veggies

- ▶ Buy fresh vegetables in season — keep frozen on hand, too.
- ▶ Plan meals around a vegetable main dish, such as a vegetable stir-fry.
- ▶ Keep cut-up vegetables in a see-through container in the refrigerator.
- ▶ Shred carrots or zucchini into meatloaf, casseroles, and quick breads.

MEAT & BEANS

Go lean with protein

- ▶ Start with lean choices, and remove visible fat and skin.
- ▶ Choose fish more often.
- ▶ Use dry beans or peas in meals.
- ▶ Add nuts to salads or main dishes as a substitute for meat.

FRUITS

Focus on fruits

- ▶ Vary fruit and juice choices — they vary in nutrients.
- ▶ Top cereal, pancakes, waffles and yogurt with berries or diced fruit.
- ▶ Snack on dried fruits — they are easy to carry and store well.
- ▶ Select canned fruits in 100% juice or water, not syrup.

MILK

Get your calcium-rich foods

- ▶ Include fat-free or low-fat milk as a beverage at meals.
- ▶ Add milk instead of water to prepare oatmeal and hot cereals.
- ▶ Use milk when making condensed cream soups — like tomato.
- ▶ Choose calcium-fortified juices, cereals, and breads if you can't eat dairy products.

OILS

- ▶ Most Americans consume enough oil in the foods they eat, so use sparingly.
- ▶ Cook with small amounts of oil instead of butter or shortening.

A Whole Diet Approach to Healthy Eating

For individual recommendations on food intake for your age and activity level go to: MyPyramid.gov