Eat Right, Exercise, and Stay Healthy!
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My Plate

Source: United States Department of Agriculture
Fruits

- Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.
- 1 cup of fruit or 100% fruit juice, or \( \frac{1}{2} \) cup of dried fruit

Source: United States Department of Agriculture
Vegetables

• Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed.

• 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens

Source: United States Department of Agriculture
Grains

• Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product.

• Servings: 1 slice of bread, 1 cup of ready-to-eat cereal, or ½ cup of cooked rice, cooked pasta, or cooked cereal can be considered a serving.

Source: United States Department of Agriculture
Protein

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

• 1 ounce of meat, poultry or fish, $\frac{1}{4}$ cup cooked beans, 1 egg, 1 tablespoon of peanut butter, or $\frac{1}{2}$ ounce of nuts or seeds can be considered as 1 ounce equivalent.

Source: United States Department of Agriculture
Dairy

• All fluid milk products and many foods made from milk are considered part of this food group.

• 1 cup of milk or yogurt, 1 ½ ounces of natural cheese, or 2 ounces of processed cheese

Source: United States Department of Agriculture
• Eating a variety of foods from My Plate and being physically active will help you maintain a healthy lifestyle!

www.choosemyplate.gov

Source: United States Department of Agriculture