









Did you know that ChooseMyPlate has replaced the USDA Food Guide Pyramid as the way to eat healthy each day? ChooseMyPlate includes five food groups: Protein, Grains, Fruits, Vegetables and Dairy. These five food groups form the basis for a healthy, well-rounded diet. If you look closely at the plate above, you will notice that just about half of your plate should come from fruits and vegetables, a small portion should come from protein-rich foods like meat, chicken, fish, beans, tofu etc. and the remaining small portion on the plate should consist of healthy whole grain-rich foods, like brown rice and whole grain tortillas. Finally, everyone needs something to drink with a meal and a nice cold cup of milk can help round out the meal.

# **HERE ARE THE GROUPS IN MORE DETAIL:**

Proteins:	Include meat, poultry, seafood, cheese, tofu and other soy products, seeds, tree nuts, and yogurts
Grains:	Include bread, pastas, rice, cereals, and breadings (Note: half of your grains should be whole grain)
Fruits:	Include apples, oranges, bananas, pears, peaches, canned fruits in natural juices and fruit juices (limit to $1/2$ cup of juice every day)
Vegetables:	Include green beans, potatoes, corn, carrots, tomatoes, and vegetable juices
Dairy:	Includes cow's milk and soy milk





# FOOD IDENTIFICATION ACTIVITY

Look at each food item and then place a cr	neck mark next	to the food	groups repre	esented for each	food item.
1. Cup of Milk	☐ Proteins	☐ Grains	☐ Fruits	☐ Vegetables	☐ Dairy
2. Whole Apple	☐ Proteins	☐ Grains	☐ Fruits	☐ Vegetables	□ Dairy
3. String Cheese	☐ Proteins	☐ Grains	☐ Fruits	☐ Vegetables	☐ Dairy
4. Orange Juice	☐ Proteins	☐ Grains	☐ Fruits	☐ Vegetables	☐ Dairy
5. Green Beans	☐ Proteins	☐ Grains	☐ Fruits	☐ Vegetables	☐ Dairy
6. Graham Crackers	☐ Proteins	☐ Grains	☐ Fruits	☐ Vegetables	☐ Dairy
7. Baked Sweet Potato Fries	☐ Proteins	☐ Grains	☐ Fruits	☐ Vegetables	☐ Dairy
8. Cheeseburger on Whole Grain Bun	☐ Proteins	☐ Grains	☐ Fruits	☐ Vegetables	☐ Dairy
9. Baked Chicken Nuggets	☐ Proteins	☐ Grains	☐ Fruits	☐ Vegetables	☐ Dairy
10. Spaghetti with Meat Sauce	☐ Proteins	☐ Grains	☐ Fruits	☐ Vegetables	☐ Dairy
11. Cheese Pizza	☐ Proteins	☐ Grains	☐ Fruits	☐ Vegetables	☐ Dairy
12. Beef Tacos with Corn Tortillas, Cheese, and Lettuce & Tomatoes	☐ Proteins	☐ Grains	☐ Fruits	☐ Vegetables	☐ Dairy
13. Whipped Potatoes	☐ Proteins	☐ Grains	☐ Fruits	☐ Vegetables	☐ Dairy
14. Cream Gravy	☐ Proteins	☐ Grains	☐ Fruits	☐ Vegetables	☐ Dairy
15. Biscuit	☐ Proteins	☐ Grains	☐ Fruits	☐ Vegetables	□ Dairy
16. Potato Chips	☐ Proteins	☐ Grains	☐ Fruits	☐ Vegetables	☐ Dairy
17. Whole Grain Baked Tortilla Chips	☐ Proteins	☐ Grains	☐ Fruits	☐ Vegetables	☐ Dairy
18. Fruit & Cheese Plate with Graham Crackers	☐ Proteins	☐ Grains	☐ Fruits	☐ Vegetables	☐ Dairy
19. Hot Dog on a Bun	☐ Proteins	☐ Grains	☐ Fruits	■ Vegetables	☐ Dairy
20. Turkey and Cheese Sandwich with Mustard and Mayonnaise	☐ Proteins	☐ Grains	☐ Fruits	☐ Vegetables	☐ Dairy
21. Turkey & Cheese Chef Salad with Croutons	☐ Proteins	☐ Grains	☐ Fruits	☐ Vegetables	☐ Dairy
22. Tomato Soup	☐ Proteins	☐ Grains	☐ Fruits	☐ Vegetables	☐ Dairy
23. Oatmeal	☐ Proteins	☐ Grains	☐ Fruits	☐ Vegetables	☐ Dairy
24. Egg & Cheese Sandwich on an English Muffin	☐ Proteins	☐ Grains	☐ Fruits	☐ Vegetables	☐ Dairy
25. Pancakes with syrup	☐ Proteins	☐ Grains	☐ Fruits	☐ Vegetables	☐ Dairy

Auswers: 1. Milk 2. Fruit 3. Protein 4. Fruit 5. Vegetable 6. Grain 7. Vegetable 8. Protein and Grain: Beef burger is protein and the bun is grain. 9. Protein and Vegetable: The meat in the meat in the sauce is a protein, and the bracking on the outside is a grain. The chiese on the pizza is a grain, and the spaghetti sauce is a vegetable. 11. Protein, Grain and Vegetable: The taco meat and cheese are proteins, the prizza is a grain, and the pizza crust is a vegetable. 12. Protein, Grain and Vegetable: The taco meat and cheese are proteins, the tortiles are a grain, and the lettuce and tomatoes are vegetables account as a protein and vegetable. The too discount as a protein and the fruit is a protein. While potato chips are made from potatoes, they limited to a "sometimes" food versus are veryday food. 17. Grain. 18. Protein, Grain and Grain: The the tortile potato chips are made from potatoes, they make the grain sond the fruit is a protein, drain and the fruit is a fruit.

19. Protein and Grain: The hot dog is a meat and the bun is a grain 20. Protein and Creese are proteins, the lettuce is a vegetable and the fruit is a fruit. The cheese is protein, the crackers are a grain and the fruit is a fruit. So was not count as any of the groups. 21. Protein, Grain 24. Protein and Creese are protein, and the bun is a grain 20. Protein and Creese are protein, and the bread is a grain 20. Protein and so not count as any of the bun is a grain 20. Protein and Creese are protein, and the bread is a grain 20. Protein and Sa are protein and the bread is a grain 20. Protein and Vegetables. The turkey and cheese are protein, the lettuce is a vegetable and the bruin and versus and Vegetables. The turkey and cheese are protein and the bread is a vegetable and the bread is a vegetable. The syrup is an extra and does not belong in any tood group.

# BUILDING YOUR BALANCED PLATE



# ChooseMyPlate is a guide to help you build your own healthy plate.

ChooseMyPlate includes five food groups: Protein, Grains, Fruits, Vegetables and Dairy. These five food groups form the basis for a healthy, well-rounded diet. If you look closely at the plate above, you will notice that just about half of your plate should come from fruits and vegetables, a small portion should come from protein-rich foods like meat, chicken, fish, beans, tofu etc. and the remaining small portion on the plate should consist of healthy whole grain-rich foods, like brown rice and whole grain tortillas. Finally, everyone needs something to drink with a meal and a nice cold cup of milk can help round out the meal.

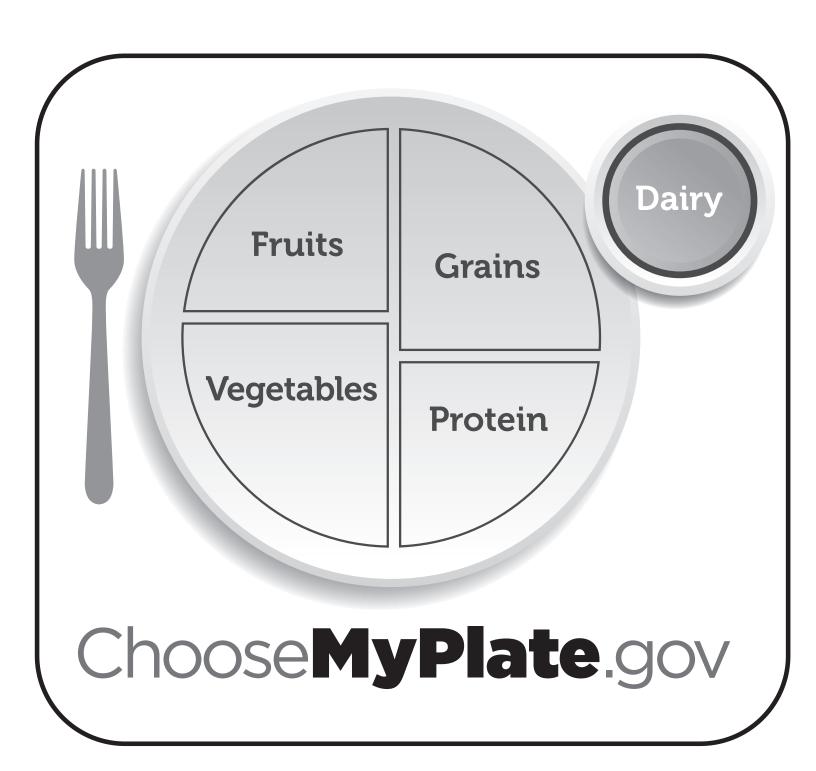
# BELOW ARE EXAMPLES OF THE TYPES OF FOODS INCLUDED IN EACH FOOD GROUP:

Proteins	Grains	Fruits	Vegetables	Dairy
meat poultry seafood cheese tofu seeds nuts yogurts eggs peanut butter	bread pastas rice cereal oatmeal tortillas rolls pita bread muffins biscuits grits	apples oranges bananas pears peaches canned fruits fruit juice raisins strawberries kiwi applesauce	broccoli potatoes carrots tomatoes spinach squash beets collards peppers green beans lettuce vegetable juices	cow's milk soy milk

On the next page there is a picture of an empty plate. Use your imagination and build your own balanced plate by adding in some of your favorite foods from each food group.







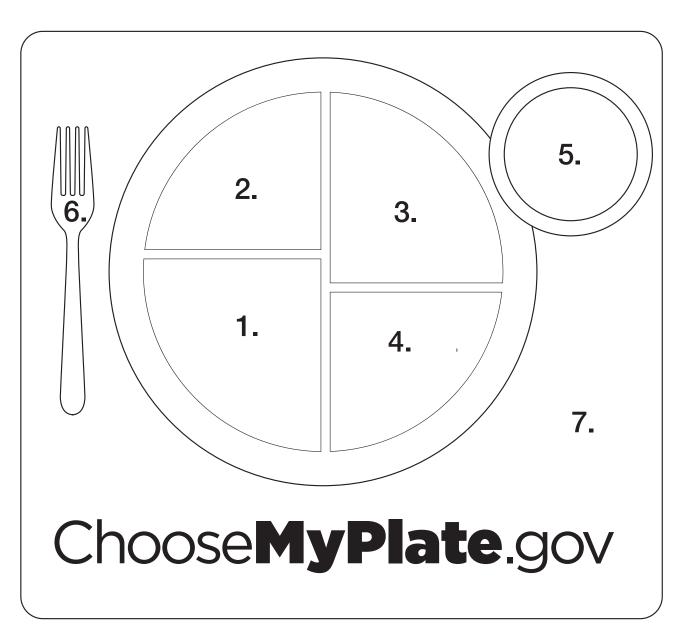








Have some fun coloring in the Choose My Plate logo below by matching the right color and number as shown in the color key at the bottom of the page. Visit **www.choosemyplate.gov** to see if you colored the logo correctly.



## **Color Key:**

1. GREEN

3. ORANGE

5. BLUE

7. YELLOW













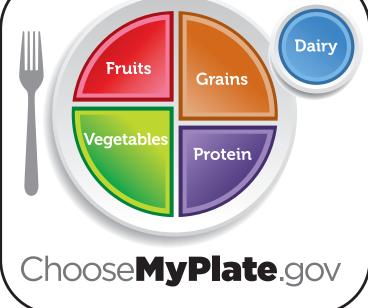


Use this sheet to keep track of the different foods you eat during an entire day. List each food in the section where you think it should go. At the end of the day, see if you ate the right amount of food from each food group. The recommended daily servings for ages 4 to 13 year olds are shown for each food group.

FRUITS:	1 to 1½ cup	

Dairy	GRAINS:	5 to 6 ounces

VEGETABLES:
1½ to 2½ cups



PROTEIN: 4 to 5 ounces

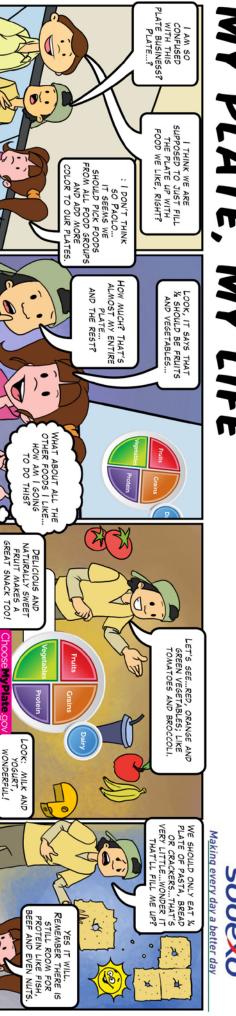
DAIRY: 2½ to 3 cups


www.choosemyplate.gov/food-groups/







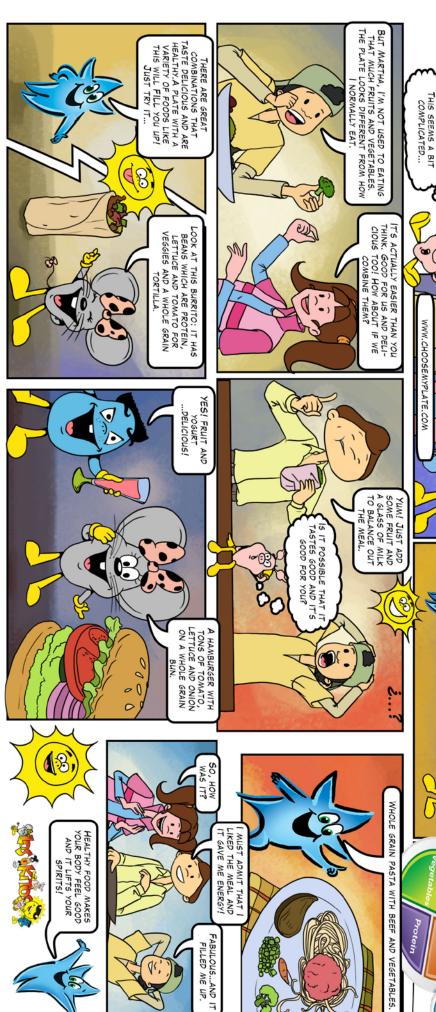
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8

LOOK: MILK AND YOGURT,

WONDERFUL!

(1):

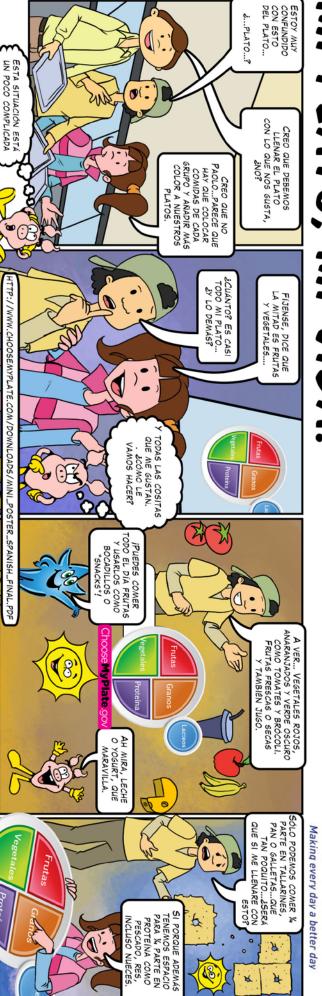




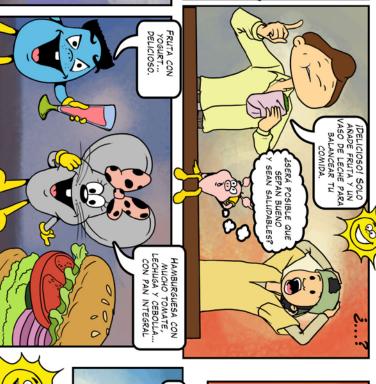


# M SIDA









EQUÉ TAL?

SIENTO SATISFECHO

16,

FABULOSA HASTA ME

TE HARÁ SENTIR
SATISFECHO. JÁNDA Y
PRUÉBALO! HAY
COMBINACIONES QUE
SABEN SABROSO Y SON
SALUDABLES.

8

UN PLATO CON MAS VARIEDAD DE COMIDAS

FIJATE ESTE BURRITO, TIENE FRIJOLES QUE ES PROTEÍNA, TIENE LECHUGA Y TOMATE, QUE SON VEGETALES, Y ADEMÁS UNA TORTILLA DE GRANO INTEGRAL.





