

LEARN ABOUT MYPLATE

USE THIS HELPFUL TOOL TO LEARN ABOUT PORTION SIZES AND CREATE FUN, NUTRITIOUS MEALS!



FILL **1/2** OF YOUR PLATE
WITH **FRUITS AND
VEGETABLES**

Focus on **whole** fruits and vegetables

Most fruits and vegetables are
low in fat and calories

Eating fruits and
vegetables may **reduce**
the risk for heart disease
and **protect** against
certain cancers



FILL **1/4** OF YOUR PLATE
WITH **WHOLE GRAINS**

Whole grains have **fiber** that
supports healthy digestion

FILL **1/4** OF YOUR PLATE
WITH **LEAN PROTEINS**

Vary your protein routine with
meat, seafood, beans and nuts



**GREATER
CHICAGO
- FOOD -
DEPOSITORY®**

The information displayed in this resource is sourced from MyPlate.gov. Please contact your primary care provider for more information.

