# 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

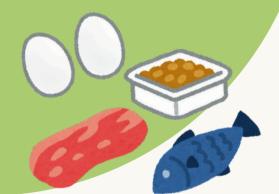


#### FILL 1/4 OF YOUR PLATE WITH WHOLE GRAINS

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





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

