LEARN ABOUT MYPLATE

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

FILL 1/4 OF YOUR PLATE WITH WHOLE GRAINS

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

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
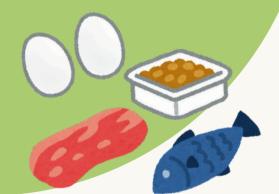
FILL 1/4 OF YOUR PLATE WITH LEAN PROTEINS

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