

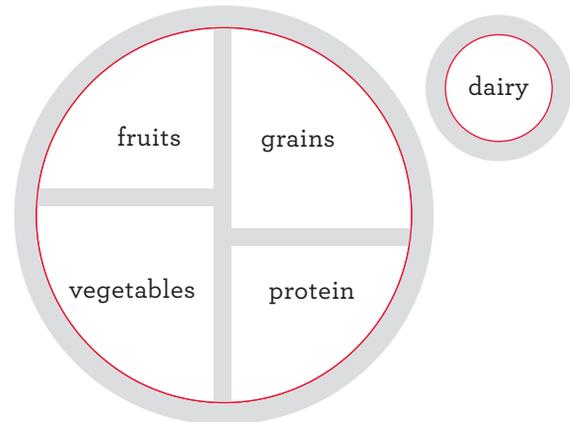
# What's On Your Plate?

Better health starts with eating well-balanced meals that include plenty of fruits and vegetables—the building blocks of nutrition. Use *MyPlate* as a guide to incorporate all five food groups to create healthy meals.

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## THE FIVE FOOD GROUPS ARE:

- 🍏 *Fruits*
- 🥦 *Vegetables*
- 🌾 *Grains*
- 🥩 *Proteins*
- 🥛 *Dairy*



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## *Healthy Tips:*

Make half the plate fruits and vegetables.

To build a healthy meal, begin with more fruits and vegetables and fewer proteins and grains.

Use *MyPlate* as a guide to serve the correct portion sizes of each food group. Healthy habits start early.

**Remember: YOU are the best role model for your child!**



### breakfast burrito

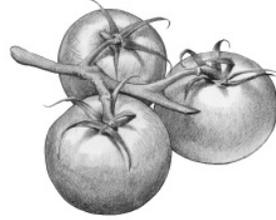
- 1 whole wheat tortilla (6-inch)
- 2 scrambled eggs
- 1 cup green bell pepper, diced
- Add salsa for an extra kick!

*On the side: 1 cup of fruit, like a medium apple*

*On the side: 1 cup fat-free milk*

**nutrition facts:**

417 Calories; 13 grams fat; 8 grams fiber



### savory rice and beans

- ½ cup cooked brown rice
- ¼ cup cooked black beans
- 1.5 ounces (½ cup) shredded cheddar cheese
- 2 cups lettuce and sliced tomatoes

*On the side: ¼ cup raisins*

**nutrition facts:**

336 Calories; 4 grams fat; 8 grams fiber

# smart & savory sample plates

## MYPLATE MEALS FOR YOUR CHILD



### turkey sandwich lunch

- 2 slices whole wheat bread
- 2-3 thin slices lean turkey
- 1 slice (1.5 ounce) cheddar cheese
- 1 cup raw spinach or lettuce

*On the side: 12 baby carrots*

*On the side: 1 medium banana*

**nutrition facts:**

443 Calories; 13 grams fat; 10 grams fiber



### italian spaghetti dinner

- 1 ounce lean ground beef with seasoning
- ½ cup whole wheat spaghetti pasta
- 1 cup tomato-based marinara sauce
- 1 cup sautéed zucchini, diced

*On the side: 1 cup strawberry slices*

**nutrition facts:**

451 Calories; 10 grams fat; 12 grams fiber