



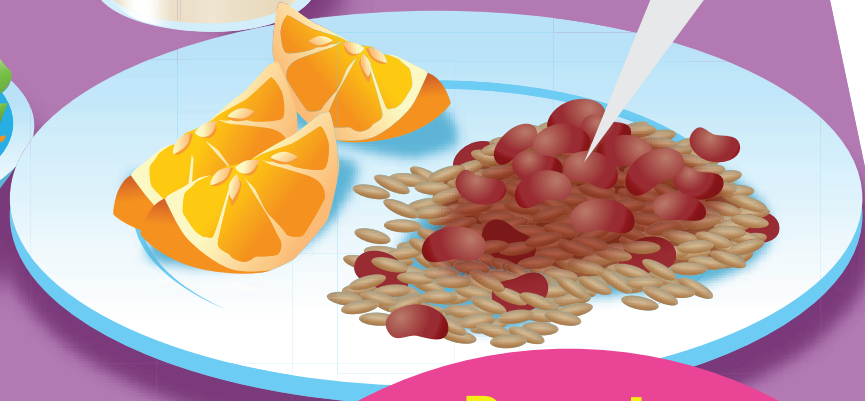
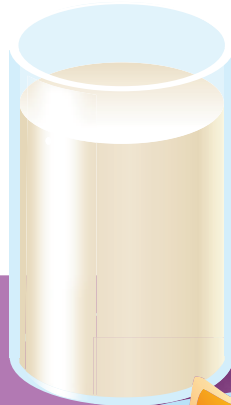
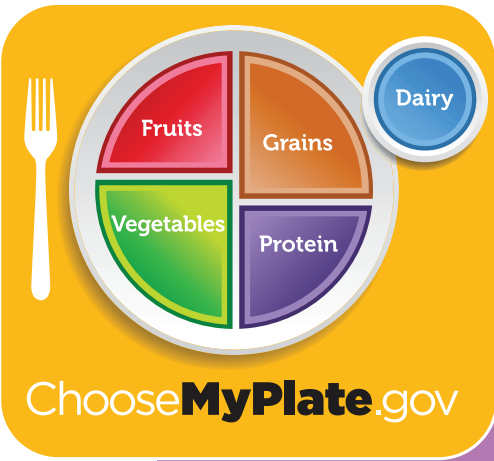
United States Department of Agriculture

Meet MyPlate

The *MyPlate* icon reminds us that we need to eat and drink foods from the five food groups. **Fruits**, **Vegetables**, **Dairy**, **Grains**, and **Protein Foods** are important for good health. *MyPlate* shows the food groups in different sections of the plate. Does this mean that foods need to be separate on your plate? No way! Some of our favorite healthy foods are a mix of food groups. What food groups are in your sandwich or taco?

MyPlate Matching Game

Draw a line from each section of *MyPlate* to the correct foods below.



Parents

Make half your plate fruits and vegetables. It is an easy way to make sure you (and your family) are getting enough. More information on *MyPlate* can be found at <http://www.choosemyplate.gov>.








Menu Planner for Families

Help your family create a dinner menu for the week.

Visit <http://www.choosemyplate.gov> to learn what foods belong to each food group.

Visit our online Recipe Box: <http://www.fns.usda.gov/fncs-recipe-box>.



The Five Food Groups (Include all 5)					
	Fruits 	Vegetables 	Grains 	Protein Foods 	Dairy 
Example: Spaghetti Dinner	Peaches	Broccoli Tomato sauce	Whole-wheat pasta	Lean (92% lean, 8% fat) ground beef	Fat-free milk Parmesan cheese
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					

Parents

Milk Matters. Children of every age, and adults too, need the calcium, protein, and vitamin D found in milk for strong bones, teeth, and muscles. Remember to offer fat-free or low-fat (1%) milk at meals. If you offer soymilk, check the Nutrition Facts label to be sure your soymilk has about 300 mg of calcium (30% of the Daily Value).