



Choose **MyPlate**.gov

Fruits: Any fruit or 100% fruit juice counts as part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.

Grains: Any food made from wheat, rice, oats, cornmeal, barley or other cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are kinds of grain products.

Vegetables: Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed.

Protein: All foods made from meat, poultry, seafood, beans and peas, eggs, soy products, nuts, and seeds are part of the Protein Foods Group.

Dairy: All milk products and foods made from milk are part of this food group. Most Dairy Group choices should be fat-free or low-fat. Foods made from milk that keep their calcium content, like cheese and yogurt, are part of the group.

New MyPlate Highlights Dairy as Essential Part of Every Meal.

The shape may have shifted from pyramid to plate, but the message remains the same: dairy is an important part of the daily diet, for adults and children alike. The USDA's new **MyPlate** tool provides a clear message that a healthy diet is made of a variety of nutrient-rich foods, like low-fat and fat-free milk, cheese and yogurt. **To learn more visit choosemyplate.gov.**



Leading the way in discovering dairy.
WWW.DAIRYMAX.ORG

Find the GOOD Stuff!

1. Create a yummy, **MyPlate** Breakfast

Grain: _____

Fruit/Vegetable: _____

Dairy: _____

2. Create a **MyPlate** Lunch

Fruit: _____

Vegetable: _____

Grain: _____

Protein: _____

Dairy: _____

3. Create a **MyPlate** Dinner

Fruit: _____

Vegetable: _____

Grain: _____

Protein: _____

Dairy: _____

4. Circle all foods in the Dairy Group

5. Make a healthy snack by combing foods from 2 or more food groups. (Make sure to include 1 dairy food in your snack.)



Dairy items: 1/2% milk, 2% lactose free milk, low-fat chocolate pudding, mango low-fat yogurt, salsa tortilla roll up with melted cheese, cheese quesadilla, sour cream, vegetable pea cream soup, pineapple smoothie, yogurt sorbet, lactose free milk, low-fat chocolate pudding, cream lentil soup, creamy potato soup, rice pudding, string cheese, manchego cheese and, guava smoothie.