

Key

Choose MyPlate

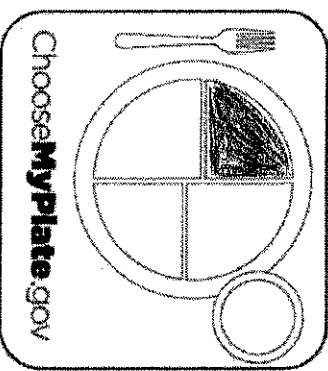
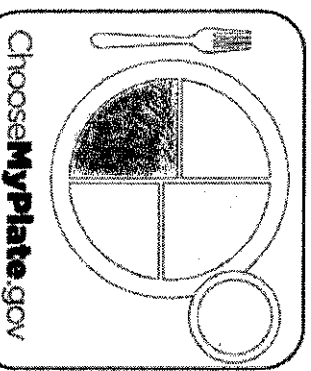
Gender: _____ Age: _____

Food Group

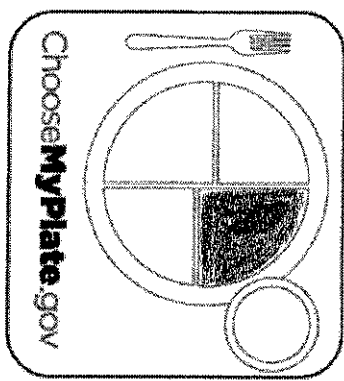
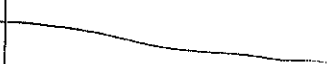
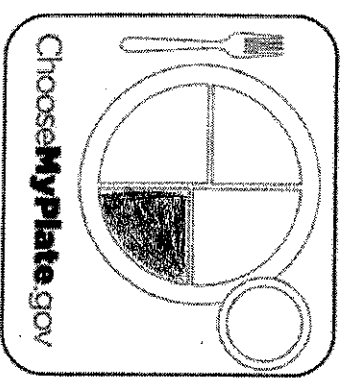
Suggestions

Message

Daily Intake

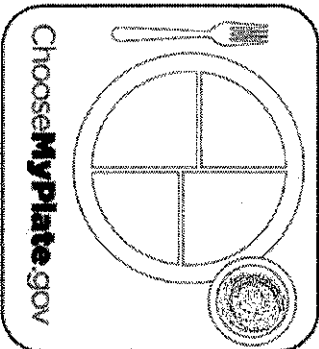
<p>Fruit Group (Color in Location) Choose MyPlate.gov</p> 	<p>Any fruit or <u>100%</u> fruit juice counts as part of the Fruit Group. Fruits may be <u>fresh</u>, <u>canned</u>, <u>frozen</u>, or dried, and may be whole, cut-up, or pureed. Enjoy fruit with <u>meats</u> such as <u>snacks</u> or as a dessert.</p>	<p>Make half your plate fruits? vegetables: Focus on whole fruits</p>	<p>Answers will vary</p>
<p>Vegetable Group (Color in Location) Choose MyPlate.gov</p> 	<p>Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group. Vegetables can be consumed fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed. Choose a <u>Variety</u> of colorful veggies to prepare in <u>healthy</u> ways: steamed, <u>Sautéed</u>, roasted or <u>raw</u>.</p>	<p>↓ Vary your veggies</p>	<p>↓</p>

Key

Food Group	Suggestions	Message	Daily Intake
<p>Grain Group (Color in Location) Choose MyPlate.gov</p> 	<p>Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products. Limit grain <u>desserts</u> and <u>snacks</u> such as <u>cakes</u>, cookies and pastries.</p> <p>Grains are divided into 2 subgroups, Whole Grains and Refined Grains. Whole grains contain the entire grain kernel — the bran, germ, and endosperm. Refined grains have been milled, a process that removes the bran and germ.</p> <p>Look for <u>whole</u> grains to be listed <u>first</u> or <u>second</u> on the <u>ingredients</u> list.</p>	<p>Make half your grains whole grains.</p>	<p>Answers will vary</p> 
<p>Protein Group (Color in Location) Choose MyPlate.gov</p> 	<p>All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group. Beans and peas are also part of the Vegetable Group.</p> <p>Proteins come from both plant and animal sources. Be sure to mix up your sources and be sure to keep your meats <u>lean</u>.</p>	<p>Vary your protein routine</p>	



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Food Group	Suggestions	Message	Daily Intake
<p>Dairy Group (Color in Location)</p>  <p>ChooseMyPlate.gov</p>	<p>All fluid milk products and many foods made from milk are considered part of this food group. Choose dairy products that are <u>fat-free</u> or low-fat to cut back on the <u>saturated</u> fat. Foods made from milk that retain their calcium content are part of the group. Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not. Calcium-fortified soy milk (soy beverage) is also part of the Dairy Group.</p>	<p>Move to low-fat or fat-free milk or yogurt.</p>	<p>Answers will vary</p>

After viewing the station about "limited foods", write 4-5 cohesive sentences explaining why you think it's important to limit fats, sugars and sodium in our daily diets.

Answers will vary.

