



Vegetables group

Vegetables contain important vitamins and minerals. They also contain fiber, which is important for proper bowel function (helps you go to the bathroom).

When we eat vegetables, we help our bodies work at their best! For example, many vegetables contain vitamin A, which helps protect against infections and keeps our eyes and skin healthy. Vegetables come in four forms: fresh, frozen, canned, and dried. Some can be eaten raw; others have to be cooked. They make great snacks!

Black beans, broccoli, carrots, cauliflower, corn, potatoes, sweet potatoes, tomatoes

Fruits group

Fruits contain minerals and vitamins, including vitamin C, which helps heal wounds and keep our teeth and gums healthy. It also helps our bodies absorb iron. Fruits are also great sources of fiber.

However, fruit juice contains little or no fiber. Eat whole or cut-up fruit instead of drinking juice. If you drink juice, choose 100 percent juice instead of drinks that are flavored like juice. Also, drink it no more than once a day.

Fruits come in four forms: fresh, frozen, canned, and dried. They are great to eat as snacks or desserts instead of cookies or candy. It is best to eat fruits without adding sugar to them.

Apples, bananas, blueberries, cantaloupe, grapes, oranges, pears, raisins, strawberries

Grains group

Grain foods are great sources of carbohydrates, which provide energy for our bodies. They also contain vitamins, fiber, and minerals.

There are two types of grains: whole and refined. Most of the grains you eat should be whole grains. If you are not sure if a food is a whole grain or not, look at the ingredients list on the food package. A whole grain will have the word whole listed first on the ingredient list.

Whole-grain bagel, whole-wheat bread, whole-grain crackers, oatmeal, whole-wheat pancakes, brown rice, whole-wheat dinner rolls, whole-grain corn tortillas

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Protein group

Protein helps build muscle and repair our bodies.

Some types of beans and peas, like pinto beans and black-eyed peas, are vegetables, but they also contain lots of good protein. So they are included in the protein food group also. Beans can count as either a vegetable or a protein food, but not both. Try having beans or peas instead of meat.

Black beans, roasted chicken, hard-cooked eggs, lean hamburger, peanut butter, black-eyed peas, pork chops, tuna fish, sunflower seeds, walnuts

Dairy group

Dairy foods contain lots of good nutrients, including vitamins and minerals. Dairy foods are high in calcium and vitamin D, which are very important for keeping bones and teeth strong.

Choose fat-free or low-fat dairy foods. Also, it is best to choose milk and yogurt that do not contain sweet flavorings.

Fat-free or low-fat cheddar cheese, cottage cheese, milk, yogurt

