







## Family Food Time

MyPlate is the recent replacement for MyPyramid through the United States Department of Agriculture. MyPlate is broken down into 5 groups containing grains, vegetables, fruits, dairy, and protein foods.

### Grains Group

-  At least half of the grains eaten should be whole grains.
-  The amount of grains depends on your age, sex, and level of activity.
-  Most need 6 oz. equivalents every day. In general, 1 equivalent is 1 slice of bread; 1 cup ready-to-eat cereal; or ½ cup cooked rice, pasta, or cereal.

### Dairy Group




-  Most need 3 cups per day.
-  This group contains milk, calcium-fortified soymilk, cheese, milk-based desserts, and yogurt.
-  Choose fat-free or low-fat milk, yogurt, and cheese. Any others might be considered “empty calories.”

### You Are a Role Model

- Purchase, prepare, and eat fruits and vegetables.
- Set a good example—drink more milk and water.
- Prepare and eat meals as a family.






### Fruit Group




-  Eat a variety of fruit each day, such as fresh, frozen, canned, or dried.
-  Most adults and kids need 1-½ to 2 cups.
-  Go easy on fruit juices because of the high sugar content.



### Protein Foods Group

-  Contains all foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds.
-  Most adults and kids need 5-6 ounces every day.
-  Try to select a lean choice, and trim away all visible fat.

### Vegetable Group

-  Any vegetable or 100% vegetable juice.
-  Most need 2-½ cups every day.
-  Try to buy fresh vegetables when they are in season. They cost less and are likely to be at their peak flavor.

### Healthy Choices from Each Food Group

- Lots of fruits, vegetables, and whole grains.
- Fat-free or low-fat milk and milk products (yogurt, cheese).
- Lean meats, beans, and nuts.

