

# My Plate



Healthy eating habits and making smart food choices are the best way to be healthy. My Plate makes eating healthy easy.

You can even get a plan that was made just for you!

Go to

[www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov)

and select “Get a Personalized Plan.”

Here you can enter your information to get a calculation of your daily food needs.

**Choose MyPlate.gov**

<p><b>Fruits:</b> <b>Fuel Up With Fruits at Meals or Snacks</b> Pears, watermelon, plums, raisins, berries, and applesauce (without extra sugar) are just a few of the great choices. Make sure your fruit juice is 100% juice.</p>	<p><b>Vegetables:</b> <b>Color Your Plate With Great-Tasting Veggies</b> Try to eat more dark-green, red, and orange vegetables, and beans and peas.</p>	<p><b>Grains:</b> <b>Make at Least Half Your Grains Whole Grains</b> Choose whole-grain foods, such as whole-wheat bread, oatmeal, whole-wheat tortillas, brown rice, and popcorn, more often.</p>	<p><b>Protein:</b> <b>Vary Your Protein Foods</b> Try fish, shellfish, beans, and peas more often. Some tasty ways include a bean burrito, hummus, veggie chili, fish taco, shrimp stir-fry, or grilled salmon.</p>	<p><b>Dairy:</b> <b>Get Your Calcium-Rich Foods</b> Choose fat-free or low-fat milk, yogurt, and cheese at meals or snacks. Dairy foods contain calcium for strong bones and healthy teeth.</p>
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Below describe what you cooked or ate that was healthy. If you cooked, who helped you?

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Name and Grade Level