

## MyPlate is all about:

- Enjoy your food, but eat less
- Practice portion control
- Make half your grains whole grains
- Make half your plate fruits and vegetables
- Switch to fat free or 1% milk
- Cut back on high fat, high sugar foods
- Drink water instead of sugary drinks
- Check the Nutrition Facts label for sodium (salt)  
**and**
- Don't forget to be physically active **Your Way**



Adapted from USDA Center for Nutrition Policy and Promotion materials at:

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

## More information?

### Choose MyPlate



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

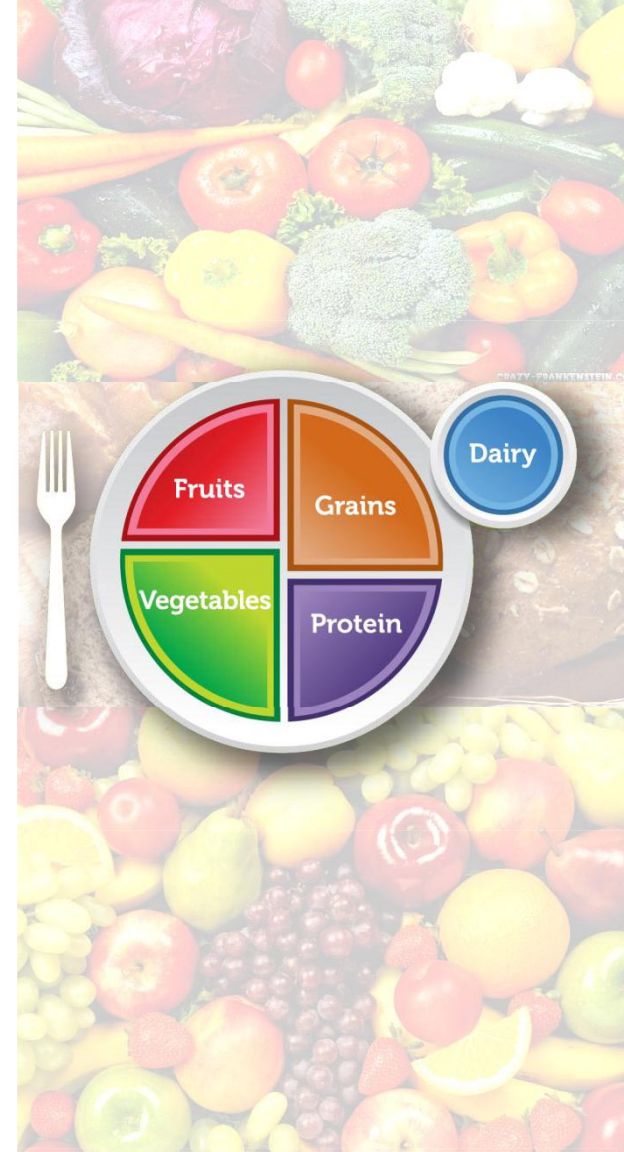
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# MyPlate

## Tips for a Healthy Plate

## Grains



- Eat whole grain foods like:
  - whole wheat bread
  - brown rice
  - oatmeal
  - popcorn
  - whole wheat cereal flakes
  - whole wheat crackers

## Fruits and vegetables



- Eat red, orange and dark green vegetables. Try tomatoes, sweet potatoes, broccoli and collard greens.
- Fruit can be fresh, frozen, dried and fruit canned in 100% fruit juice or water.

## Select low-fat protein

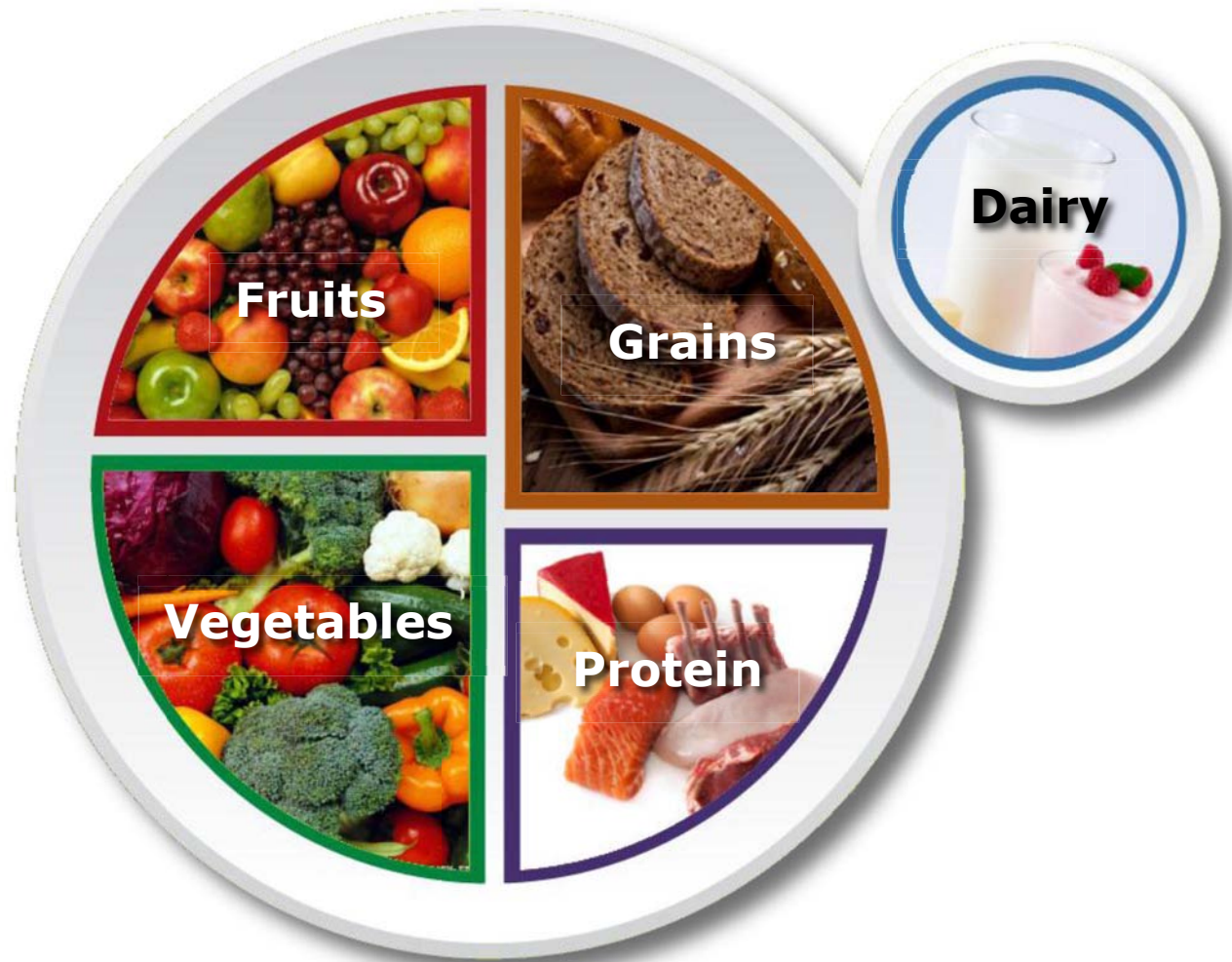


- Beef
- Chicken
- Black beans
- Eggs
- Fish

Choose fat free or low-fat 1% milk, yogurt, and cheese

Drink water instead of sugary soda, energy and sports drinks

**MyPlate has 5 different parts:**  
Vegetables, Fruits, Grains, Protein, and Dairy



**Make half your plate fruits and vegetables!**

### Stay away from:

- Foods high in solid fats, sugars and salt: cakes, ice creams, candies, pizza, cookies, and donuts
- Fatty meats: ribs, bacon, hot dogs, sausages