

Make a Healthy Tray

Choose MyPlate.gov

Vegetables
Vary your veggies.
Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group.
Fill half your plate with fruits and vegetables.

Fruits
Focus on fruits. Whole fruit is preferable to juice but any fruit counts: fresh, frozen, canned, 100% juice or dried.
Fill half your plate with fruits and vegetables.

Grains
Make at least half your grains whole.
Read labels to find more whole grain foods.
Whole wheat, oatmeal and brown rice are all good.

Protein
Go lean with protein.
Keep portion to 1/4 of the plate.
Nuts, beans/peas, seeds, poultry, lean meat, seafood, any and egg are in this group.

Dairy
Get your calcium-rich foods.
Remember to buy skim milk or 1% milk.
Go easy on cheese.
Skim yogurt is a good choice, too.

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What Makes a Lunch?

USDA National School Lunch Requirements:

Select 3-5 Different Components

each color dot below represents a meal component

FRUITS VEGETABLES GRAINS PROTEIN MILK

Must include a **FRUIT** OR **VEGETABLE**

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DON'T 4 GET!
Take at least **ONE**
FRUIT or
VEGGIE
and at least **THREE**
items total so your meal
counts as a complete lunch!