

Make a Healthy Tray

Choose **MyPlate.gov**

Vegetables	Fruits	Grains	Protein	Dairy
<p>Vary your veggies.</p> <p>Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group.</p> <p>Fill half your plate with fruits and vegetables.</p>	<p>Focus on fruits. Whole fruit is preferable to juice but any fruit counts: fresh, frozen, canned, 100% juice or dried.</p> <p>Fill half your plate with fruits and vegetables.</p>	<p>Make at least half your grains whole.</p> <p>Read labels to find more whole grain foods.</p> <p>Whole wheat, oatmeal and brown rice are all good.</p>	<p>Go lean with protein.</p> <p>Keep portion to 1/4 of the plate.</p> <p>Nuts, beans/peas, seeds, poultry, lean meat, seafood, soy and eggs are in this group.</p>	<p>Get your calcium-rich foods.</p> <p>Remember to buy skim milk or 1% milk.</p> <p>Go easy on cheese.</p> <p>Skim yogurt is a good choice, too.</p>

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What Makes a Lunch?

USDA National School Lunch Requirements:

each color dot below represents a meal component

Select 3-5 Different Components

FRUITS VEGETABLES GRAINS PROTEIN MILK

Must include a **FRUIT OR VEGETABLE** (May take both)

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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!