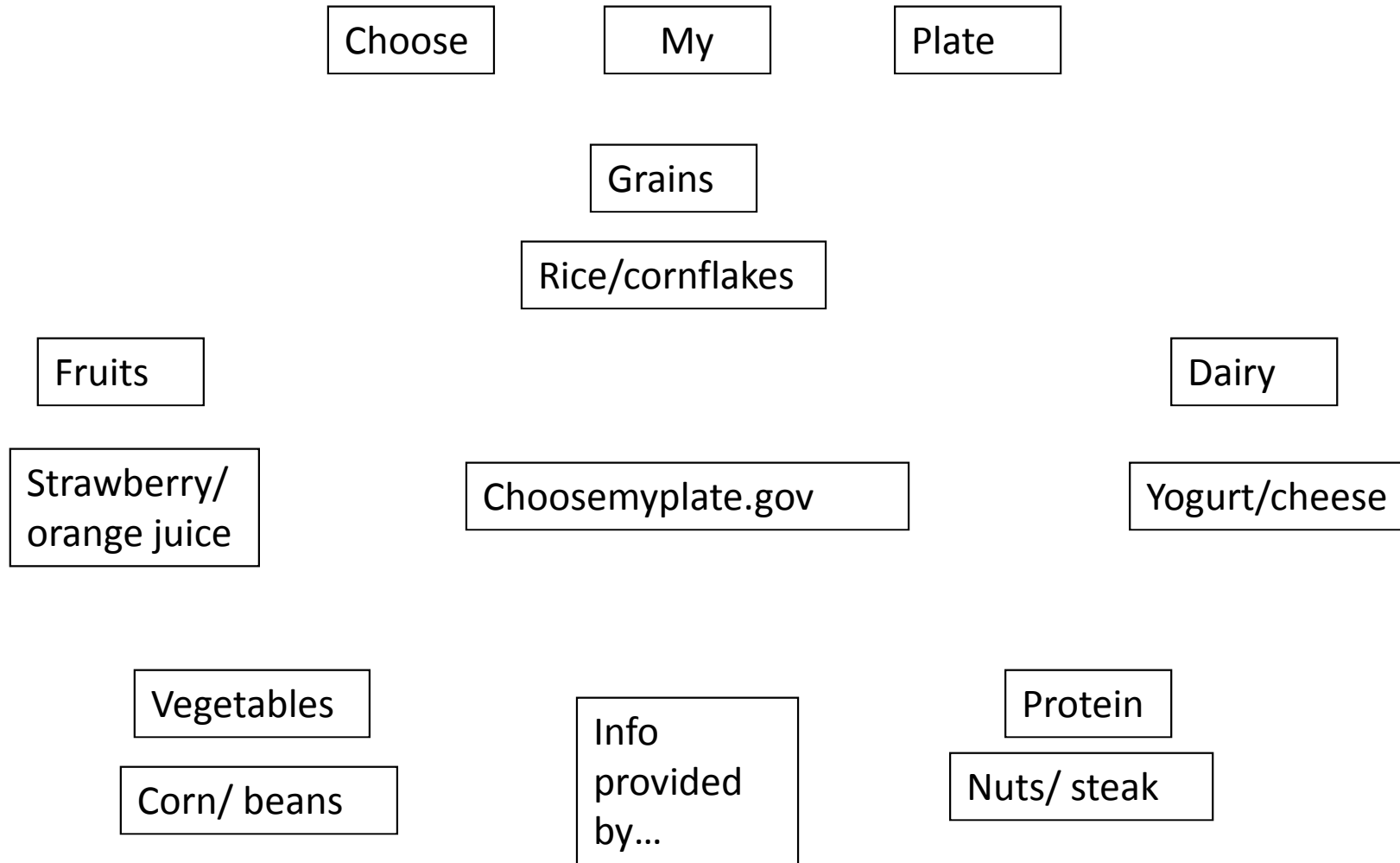


Directions for “Choose My Plate” Bulletin Board

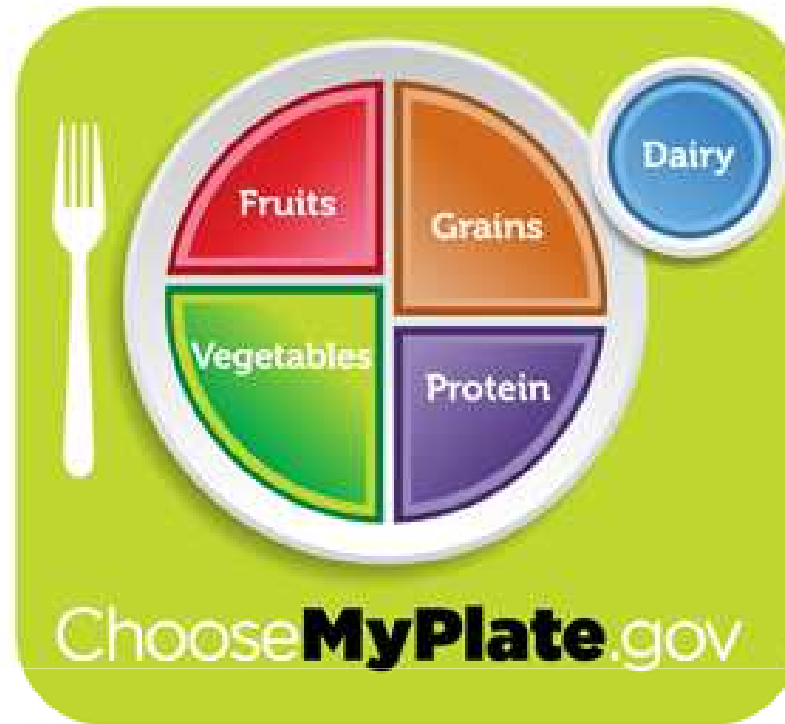
1. Cut out picture pages along the solid lines. Trim them further if desired.
2. A suggestion for the layout is:



Choose

My

Plate



Balancing Calories

- Enjoy your food, but eat less
- Avoid oversized portions

Foods to increase

- Make half your plate fruits and vegetables
- Make at least half your grains whole grains
- Switch to fat-free or low-fat milk

Foods to Reduce

- Compare sodium in foods and choose the foods with lower numbers
- Drink water instead of sugary drinks

Fruit

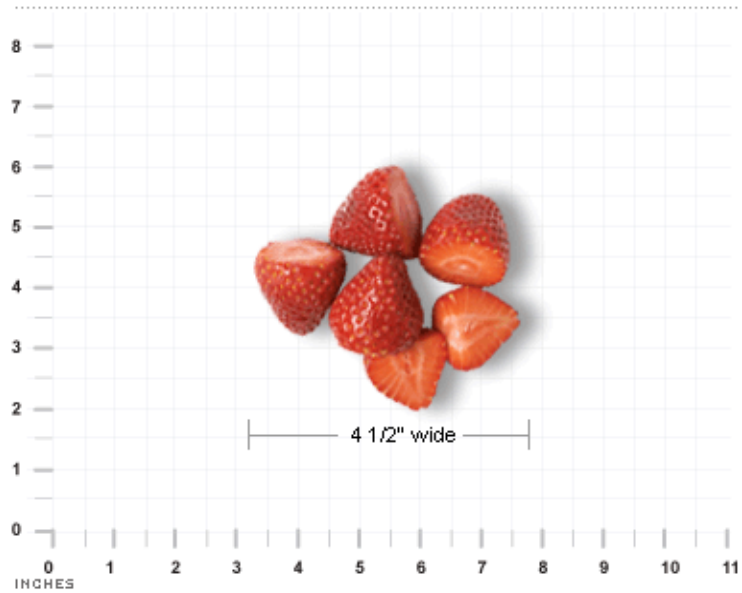
Any fruit or 100% fruit juice counts as part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed. Some commonly eaten fruits are:

apples
apricots
bananas
strawberries
blueberries
raspberries
cherries
grapefruit
grapes
kiwi fruit
lemons
limes
mangoes

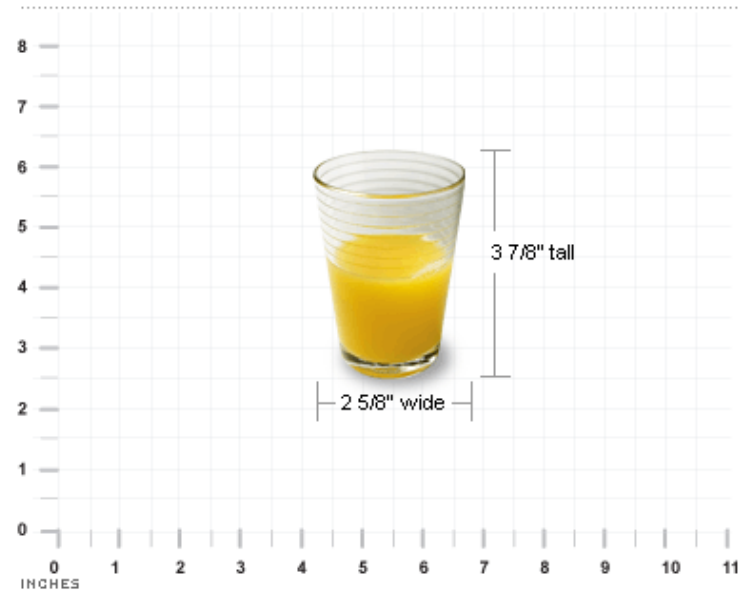
cantaloupe
honeydew
watermelon
fruit cocktail
nectarines
oranges
peaches
pears
pineapple
plums
prunes
raisins
tangerines

100% Fruit juice:

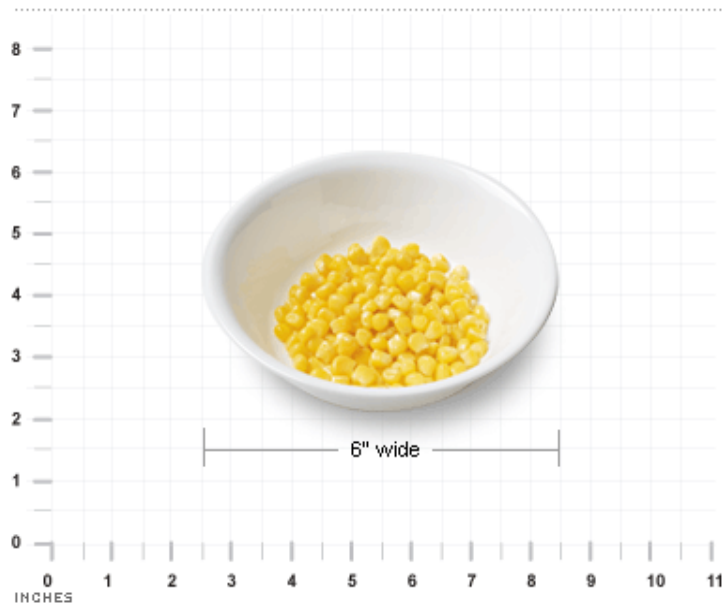
orange
apple
grape
grapefruit



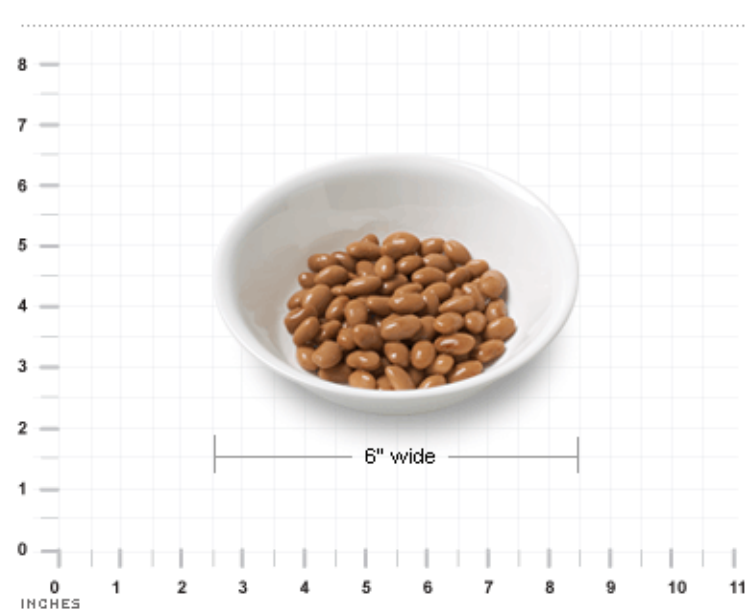
Strawberries — 1/2 cup



Orange juice — 1/2 cup



Cooked Corn — 1/2 cup



Cooked Pinto Beans — 1/2 cup

Vegetables

Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed.

Some commonly eaten vegetables in each subgroup are:

Dark green vegetables:

broccoli
collard greens
dark green leafy lettuce
mustard greens
romaine lettuce
spinach
turnip greens
watercress

Beans and peas:

black beans
black-eyed peas
kidney beans
navy beans
pinto beans
soy beans
split peas
white beans

Starchy vegetables:

corn
peas, or black-eyed
peas
green bananas
green peas
green lima beans
potatoes
water chestnuts

Protein

All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group. Beans and peas are also part of the Vegetable Group. Select a variety of protein foods to improve nutrient intake and health benefits, including at least 8 ounces of cooked seafood per week. Vegetarian options in the Protein Foods Group include beans and peas, processed soy products, and nuts and seeds. Meat and poultry choices should be lean or low-fat.

Some commonly eaten choices in the Protein Foods Group are:

Meats:

Lean cuts of:

beef
ham
pork

Lean ground meats:

beef
pork

Poultry:

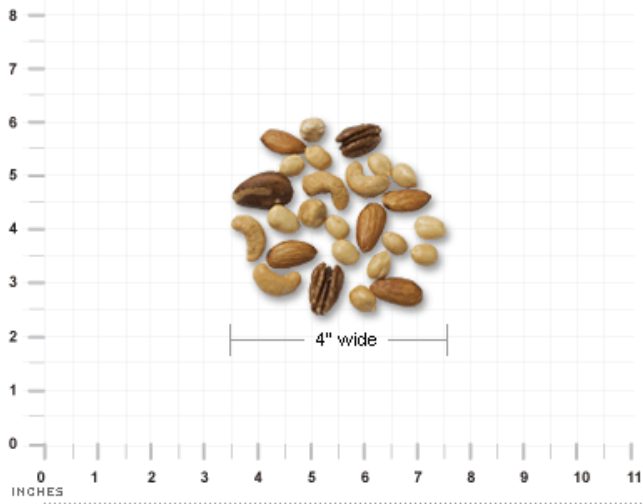
chicken
turkey
ground chicken and turkey

Eggs:

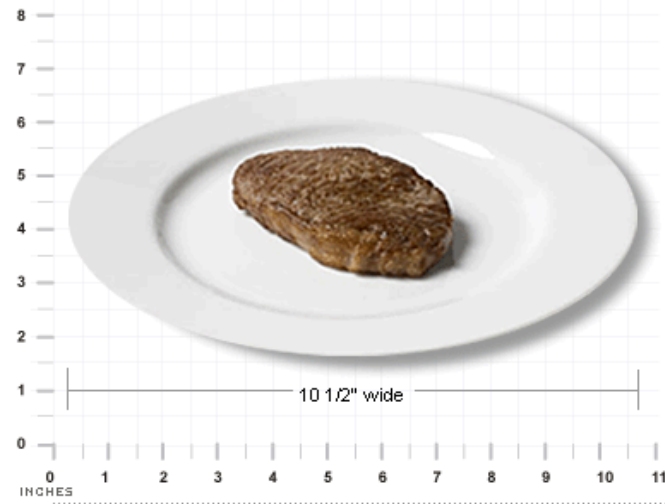
chicken eggs

Nuts and seeds:

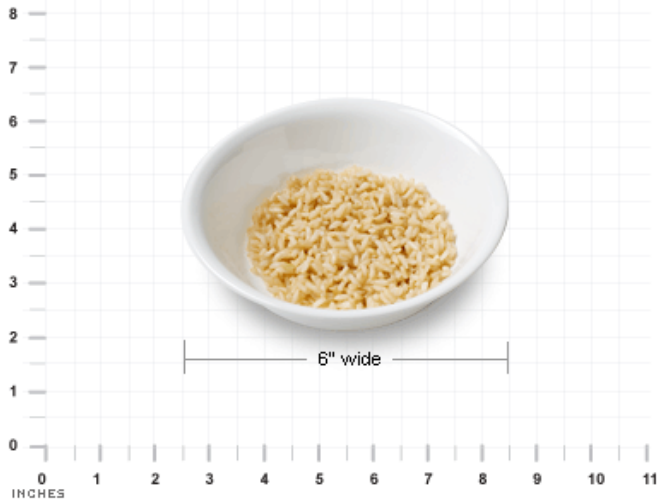
almonds
cashews
hazelnuts
mixed nuts
peanuts
peanut butter
pecans
sesame seeds
sunflower seeds
walnuts



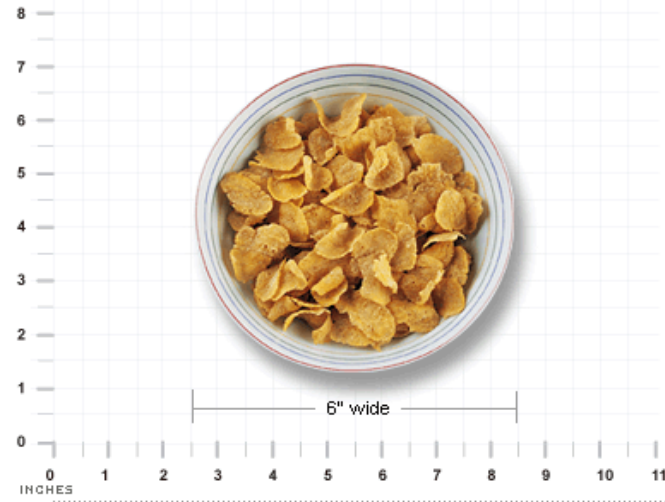
Mixed Nuts — 1 ounce



Beef Strip Steak — 5 ounces cooked weight



Brown Rice — 1/2 Cup



Cornflakes — 1 cup

Grains

Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products.

Grains are divided into 2 subgroups, whole grains and refined grains.

Whole grains:

brown rice
oatmeal
popcorn
rolled oats
whole wheat bread
whole wheat crackers
whole wheat pasta
whole wheat sandwich
buns and rolls
whole wheat tortillas
wild rice

Refined grains:

cornbread
corn tortillas
crackers
flour tortillas
grits
spaghetti
macaroni
white bread
white sandwich
buns and rolls
white rice

Dairy

All fluid milk products and many foods made from milk are considered part of this food group. Most Dairy Group choices should be fat-free or low-fat. Foods made from milk that retain their calcium content are part of the group. Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not.

Some commonly eaten choices in the Dairy Group are:

Milk:

fat-free (skim)
low fat (1%)
reduced fat (2%)
whole milk
lactose-reduced milks
lactose-free milks
Milk-based desserts:
puddings
frozen yogurt
ice cream

Cheese:

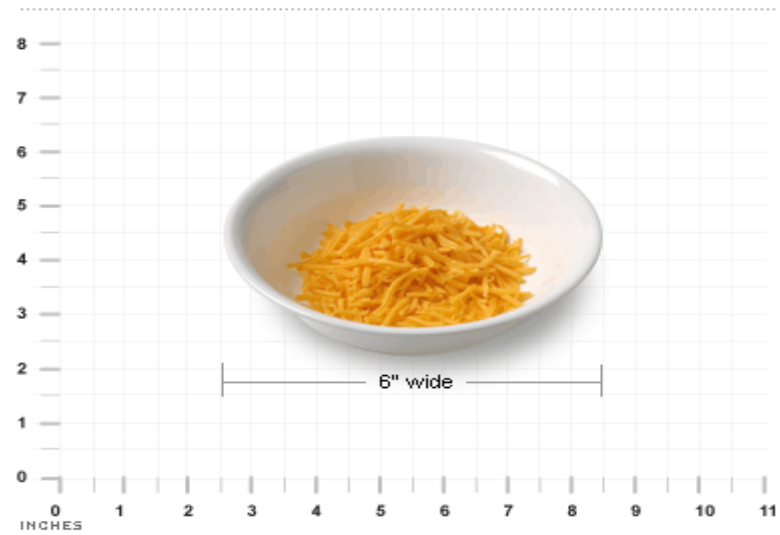
cheddar
mozzarella
swiss
parmesan
ricotta
cottage cheese

Yogurt:

fat-free
low fat
reduced fat
whole milk yogurt



**Frozen Yogurt (made with milk or soymilk) —
1 small serving (1/2 cup)**



Cheddar Cheese — 1/3 cup shredded

Information presented by



Health, Wellness, and Recreation Center

Room 1106

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www.mtsu.edu/healthpro