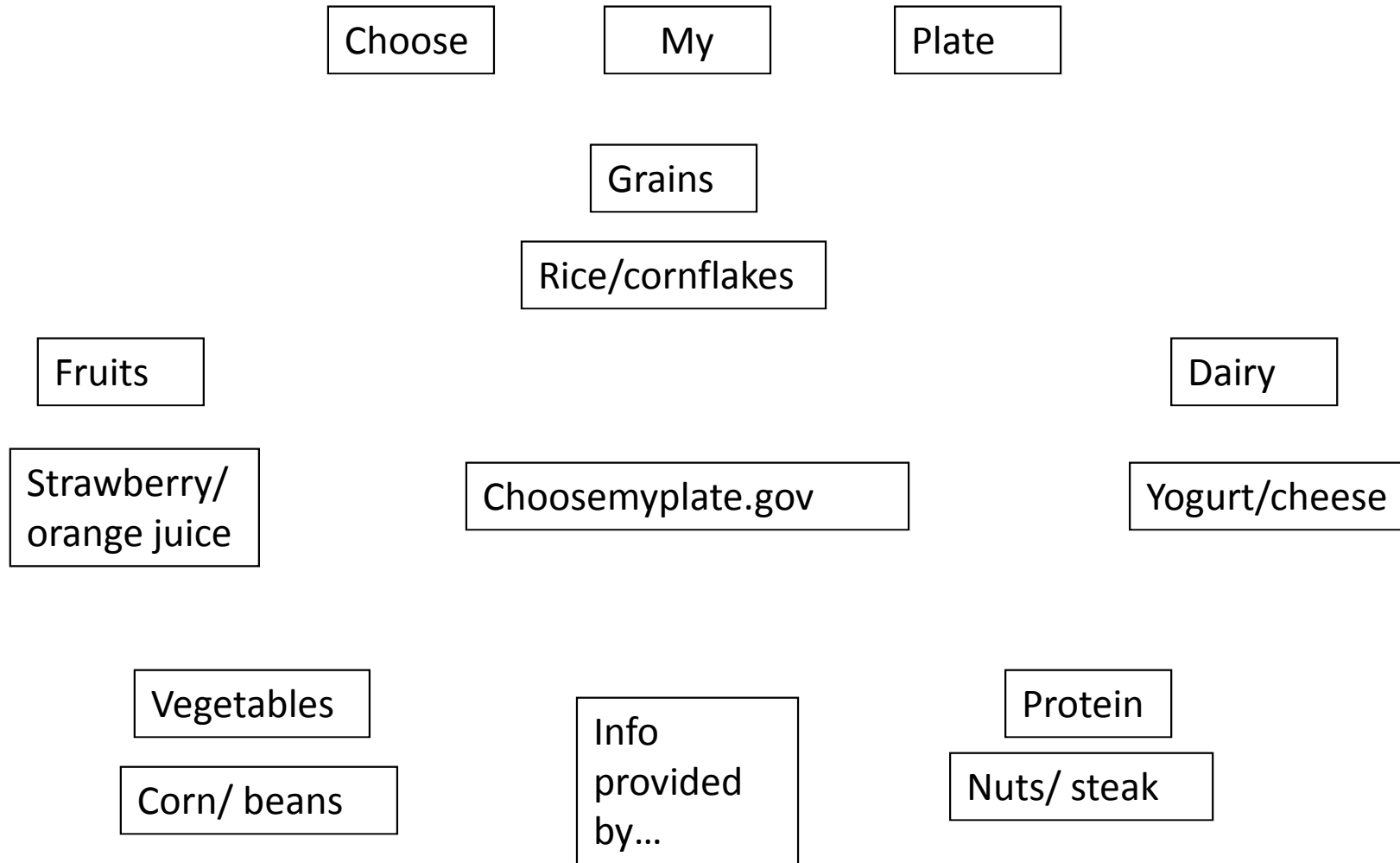


Directions for “Choose My Plate” Bulletin Board

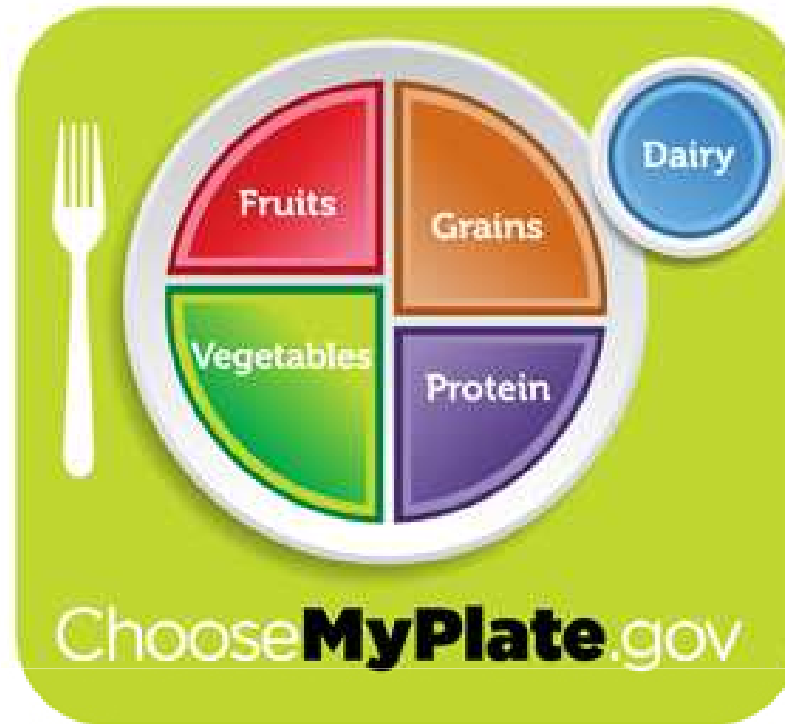
1. Cut out picture pages along the solid lines. Trim them further if desired.
2. A suggestion for the layout is:



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

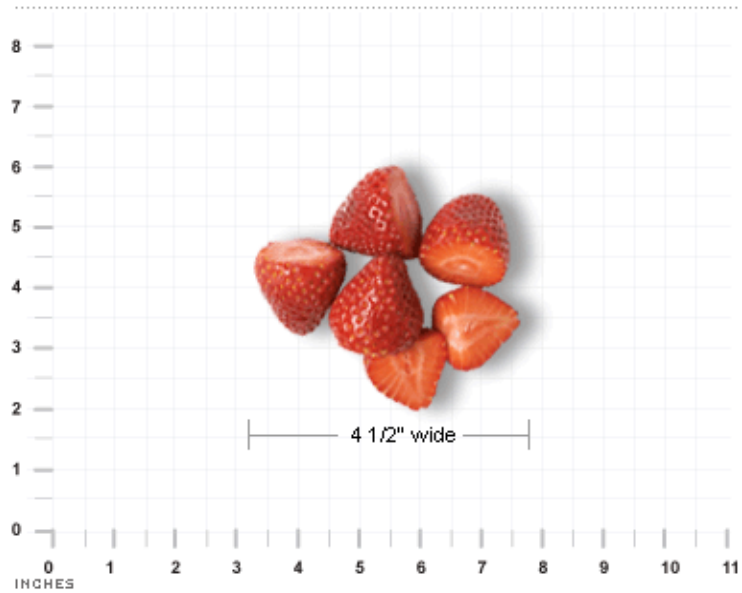
Any fruit or 100% fruit juice counts as part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed. Some commonly eaten fruits are:

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

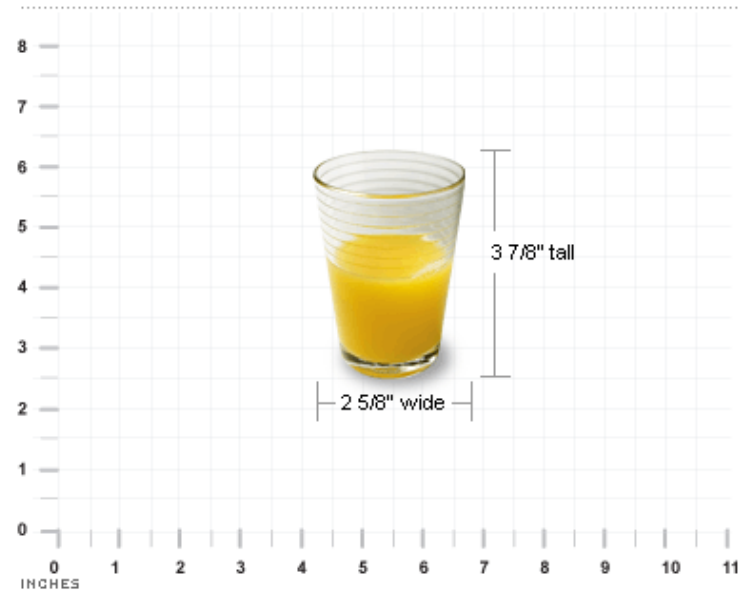
cantaloupe  
honeydew  
watermelon  
fruit cocktail  
nectarines  
oranges  
peaches  
pears  
pineapple  
plums  
prunes  
raisins  
tangerines

*100% Fruit juice:*

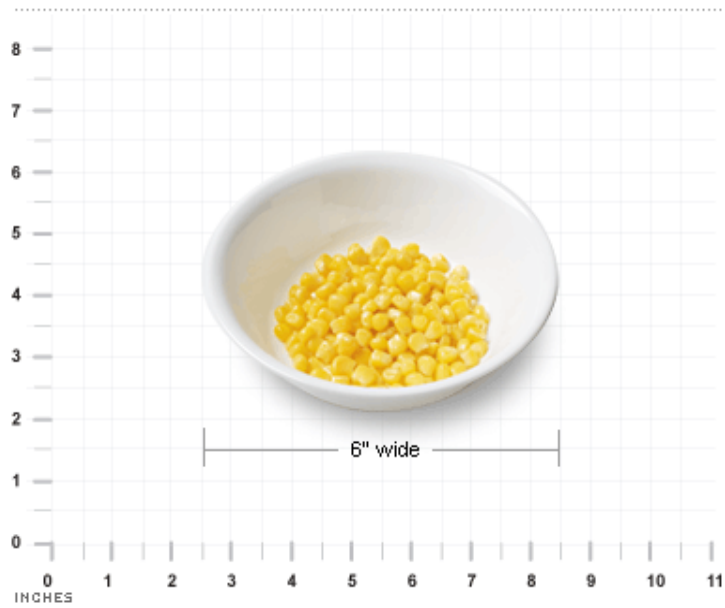
orange  
apple  
grape  
grapefruit



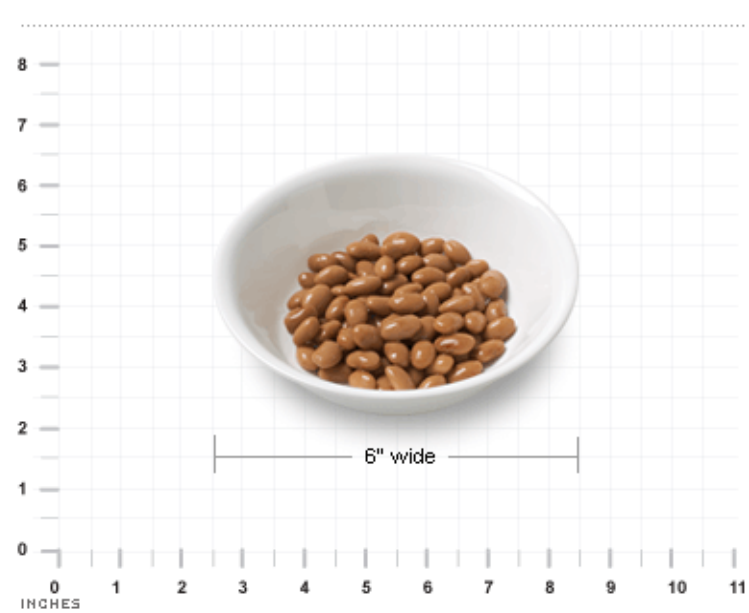
**Strawberries — 1/2 cup**



**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:**

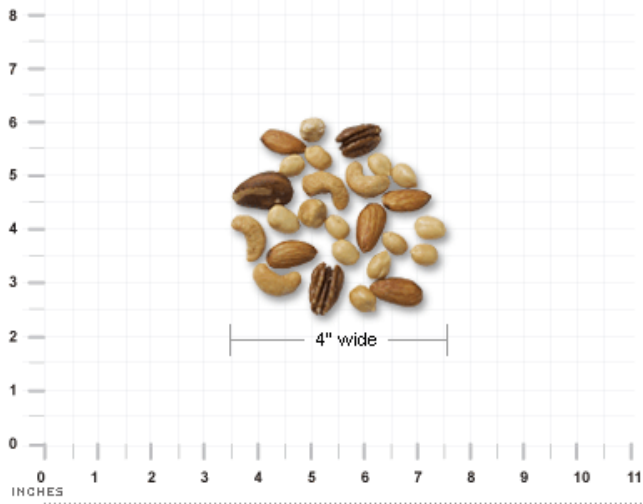
chicken  
turkey  
ground chicken and turkey

**Eggs:**

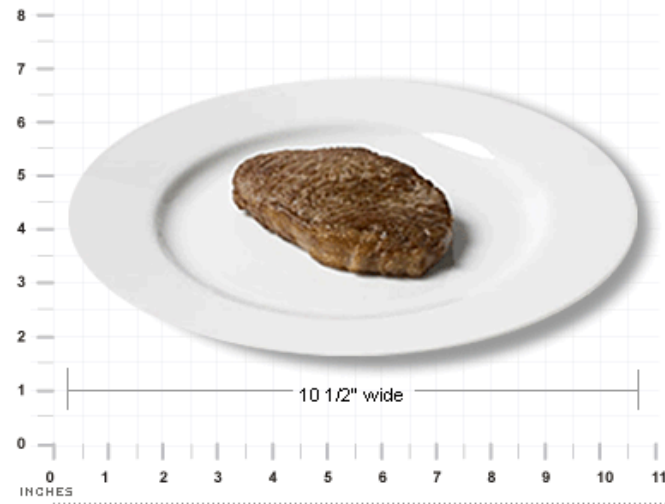
chicken eggs

## **Nuts and seeds:**

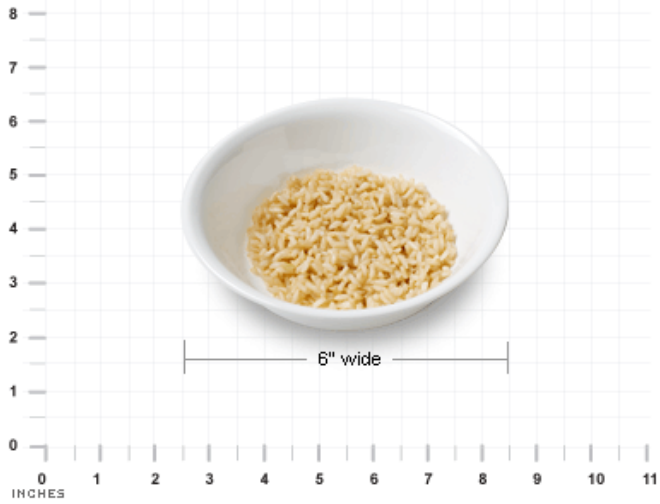
almonds  
cashews  
hazelnuts  
mixed nuts  
peanuts  
peanut butter  
pecans  
sesame seeds  
sunflower seeds  
walnuts



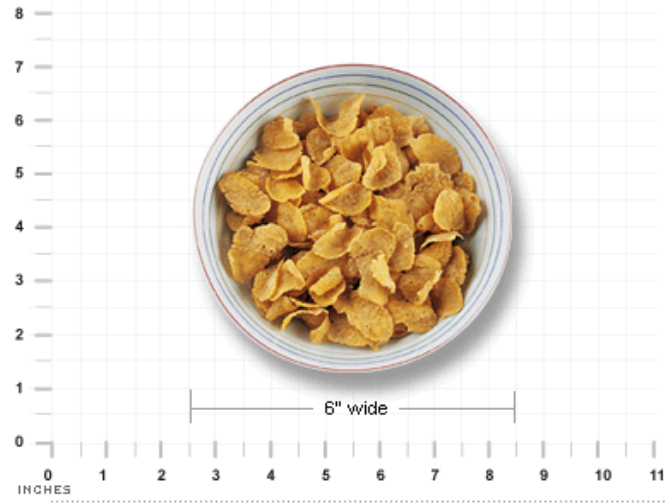
**Mixed Nuts — 1 ounce**



**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

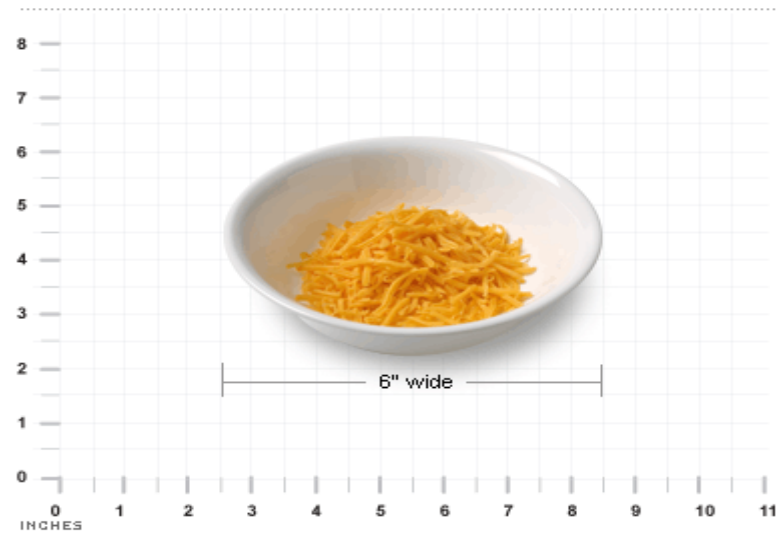
**Yogurt:**

fat-free  
low fat  
reduced fat  
whole milk yogurt



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**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

615-494-8704

[www.mtsu.edu/healthpro](http://www.mtsu.edu/healthpro)