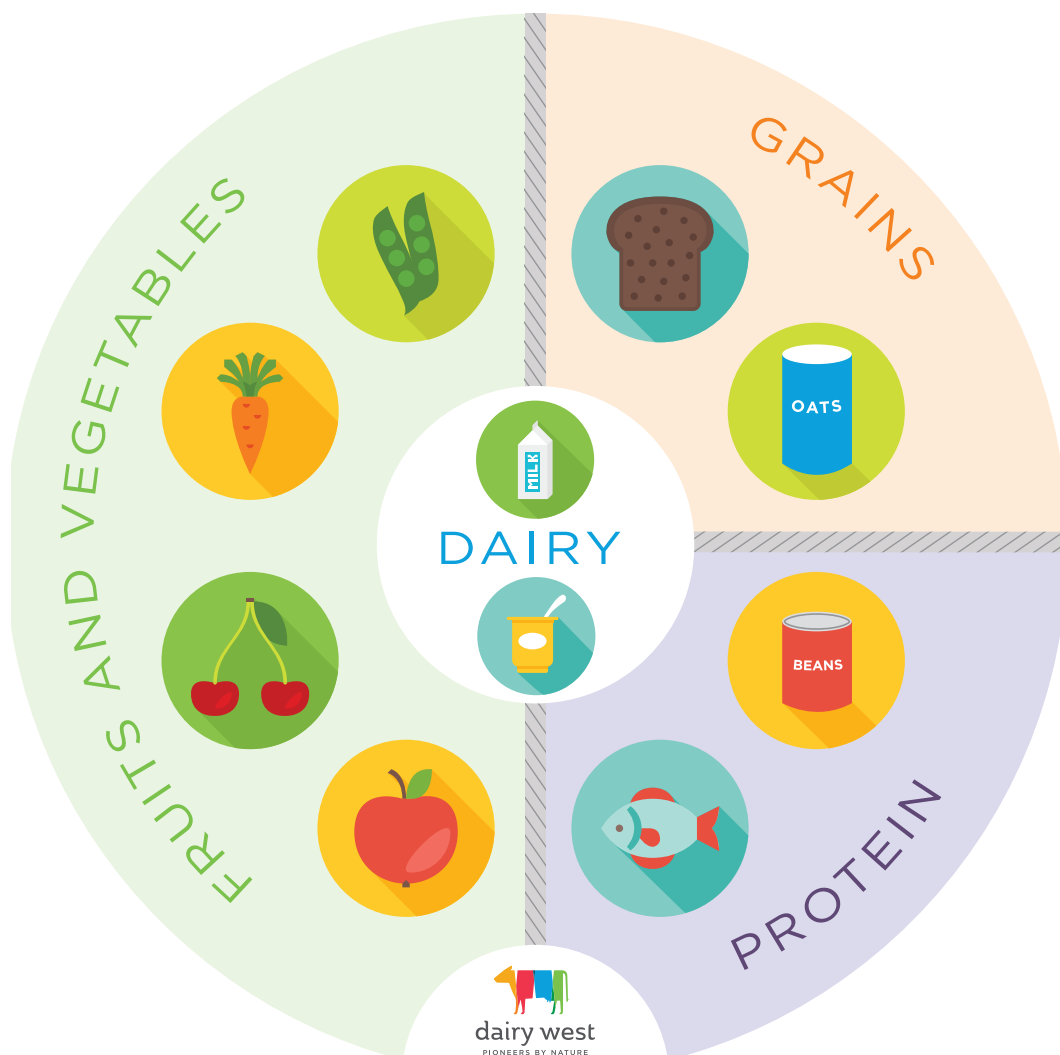


FROM THE GROCERY STORE TO YOUR PLATE

MY PLATE GUIDE TO HEALTHY EATING

One of the best ways to ensure you're eating a healthy diet is planning ahead so you have nutritious food options in your pantry and refrigerator. Here's a handy guide for My Plate grocery shopping.



Sample Grocery List

REFRIGERATED ITEMS

- Milk, cheese, yogurt
- Bagged salad, spinach
- Onion, bell pepper, tomato, mushrooms
- Banana, apples
- Chicken, skirt steak, ground turkey, eggs
- Bag of frozen, mixed berries, and stir-fry vegetables

PANTRY SUPPLY ITEMS

- Italian seasoning, canola oil
- Cereal, peanut butter, instant oats
- Pasta sauce, canned beans
- Rice, pasta, tortillas (whole grain)

BREADS/GRAINS

- » Choose whole-grain breads, tortillas, crackers, rice and pastas
- » Carbohydrates are the preferred energy source to fuel your brain and muscles
- » Don't overlook other whole-grain options found in center aisles (cereal, oats, brown rice, quinoa, tortillas, etc.)



DELI/BUTCHER

- » Choose from a variety of protein-rich foods including fish, seafood, lean meats, poultry, and eggs
- » Protein is made up of amino acids which are the building blocks that build, repair, and maintain body tissues



CENTER AISLES

- » Aim for 25 grams of fiber each day (beans, legumes, rice, whole-grains, etc.)

CANNED GOODS

- » Canned & dried goods provide the same health benefits as their fresh & frozen counterparts*

OILS & SPICES

- » Choose from plant oils and herbs to add flavors to your food

FROZEN FRUITS & VEGETABLES

- » Frozen fruits & vegetables provide the same nutritional benefits as fresh



* low sodium options available

GROCERY STORE NAVIGATOR

DAIRY

- » Vary your choices: Try milk, yogurt, cheese and more
- » Dairy foods provide nutrients that contribute to good health including protein, calcium, potassium and vitamin D
- » Lactose-free options available! Try lactose-free milk and aged cheese such as cheddar and swiss

MILK

PRODUCE

- » Eat a rainbow of colored fruits & vegetables: each color provides different vitamins and minerals
- » Studies maintain there is no nutritional difference between organic or traditional produce



GRAINS

PROTEIN

VEGETABLES

FRUIT

DAIRY



MENU IDEAS

- » Dairy is versatile! Yogurt and cheese are nutrient-rich options and convenient on-the-go
- » Enjoy baked, grilled, broiled, poached, or roasted meat, poultry, and fish
- » Whole-grain foods provide additional vitamins, minerals, and fiber
- » Fill half your plate with vegetables and fruits
- » To enjoy fruits and vegetables in different ways: steam, bake, roast, or eat raw
- » Combination foods may easily combine to include at least 3 of the 5 food groups

SAMPLE MENUS

Breakfast or Snack

Yogurt parfait
with oats

Food Groups



Breakfast or Snack

Cereal with milk
and berries

Food Groups



Lunch or Dinner

Lasagne with
salad

Food Groups



KEY



GRAINS



PROTEIN



VEGETABLES



FRUIT



DAIRY

Lunch or Dinner

Tacos with beans,
cheese and veggies
Rice

Food Groups



Breakfast

Scrambled eggs with
veggies and cheese
mixed in. Fruit.

Food Groups



Lunch or Dinner

Salad with meat,
cheese and veggies

Food Groups



Lunch or Dinner

Stir fry with veggies
Glass of milk

Food Groups



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