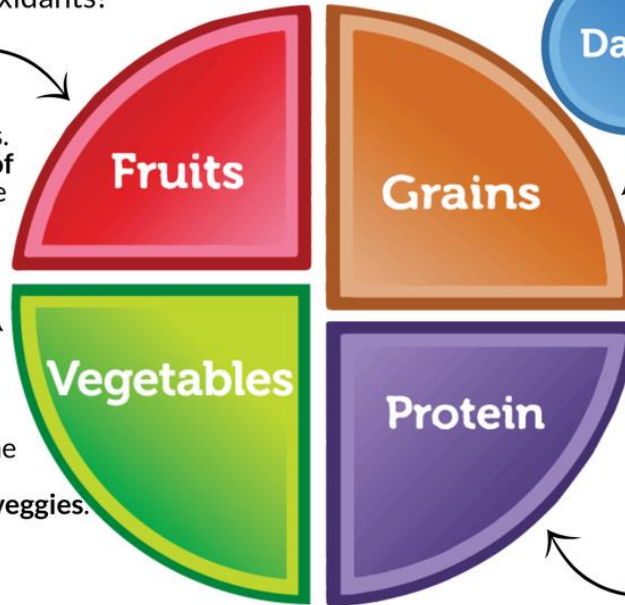


# MyPlate: A Guide

Make half your plate fruits and veggies. They're packed with fiber & antioxidants!

**Fruit:**  
Eat fruits of all colors. Go for **fruit instead of juice**, which has more fiber and fewer calories.

**Vegetables:**  
The more colors and types that you eat, the better! Aim to get mostly **non-starchy** veggies.



**Dairy:**  
3 servings per day gets you the calcium you need. Choose low-fat for fewer calories.

**Grains:**  
Eat mostly **whole grains**. Refined grains, like white bread and white rice, have less nutrition. Whole grains have more **fiber**, iron, and B vitamins.

**Protein:**  
A palm-sized amount at lunch and dinner is all you need. Beans, nuts, fish, and chicken are good, lean choices.