

# MY PLATE

**INFORMATION** Healthy Food for Life.  
For adults, teenagers and children aged five over

## Fruits:

**1½-2 cups each day**

Make half your fruits and vegetables

**1 cup fruit =**

- 1 cup berries (rasberries, strawberries, blueberries)
- 1 medium pear
- 1 cup canned fruit in fruit juce
- 1 cup diced diced cantaloupe or watermelon
- ¼ cup dried fruit (raisins, blueberries, cranberries)
- 1 cup 100% juice

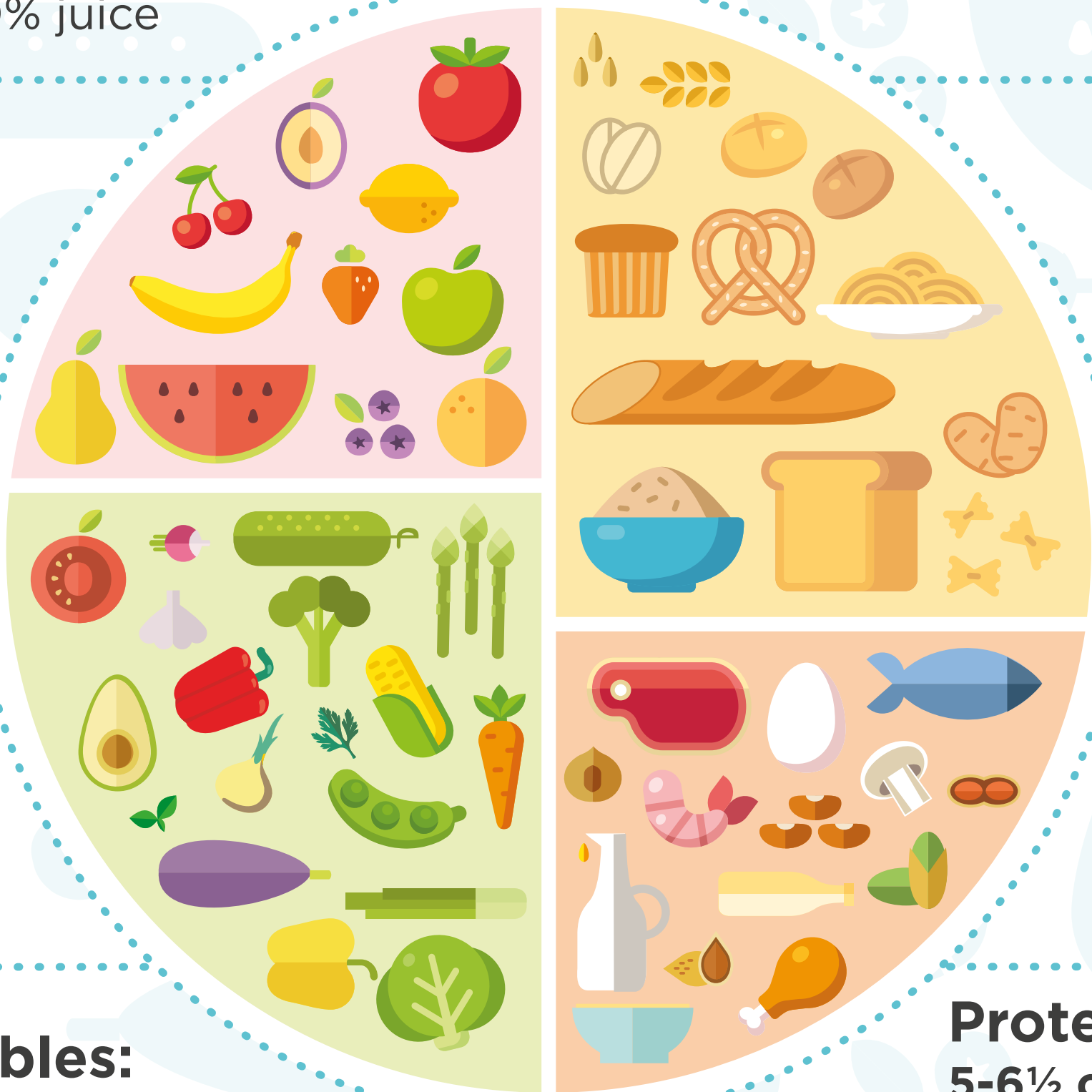
## Grains:

**5-8 each day**

Make at least half your grains whole grains

**1 ounce each day =**

- 1 small (6\* diameter) corn or flour tortilla
- 1 slice whole wheat bread
- ½ cup cooked pasta, brown rice, or cooked cereal
- 1 cup ready-to-eat breakfast cereal
- 5 whole-grain crackers



## Vegetables:

**2-3 cups each day**

Make half your plate fruits and vegetables

**1 cup vegetables =**

- 1 cup broccoli
- 2 cup spinach salad
- 1 cup carrots
- 1 cup tomatoes
- 1 cup vegetable juice

## Protein:

**5-6½ cups each day**

Go lean with protein

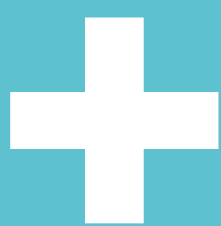
**1 ounce protein =**

- 1 ounce cooked lean meat, poultry, or fish
- ¼ cup cooked dry beans
- 1 large egg
- 1 tablespoon nut butter
- ½ ounce nuts
- ¼ cup tofu



**Less**

Salt  
Saturated Fats  
Solid and Trans Fats  
Fast Food  
Processed Grains



**More**

Fruits and Vegetables  
Whole Grains  
Fat-Free or Low-Fat Dairy  
Healthy Oils  
Lean Proteins, such as seafood and legumes

## Dairy:

**3 cups each day**

Swith to fat-free or low-fat (1%) milk

**1 cup dairy =**

- 1 cup low-fat yoghurt
- 1½ ounces low-fat Cheddar or string cheese
- 1 cup fat-free or low-fat milk (flavoured or unflavoured)
- 2 cups low-fat cottage cheese
- 1 cup calcium-fortified soy beverage\*

# EAT HEALTHY

INFORMATION Accept the following tips

YOU DON'T HAVE TO  
EAT LESS  
YOU JUST HAVE TO  
EAT RIGHT





# VITAMINS

INFORMATION Eat more vitamins (nutrition diet)



Eat lots of vegetables and fruits, to be healthy