



Fruits: 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.

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

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

Protein: All foods made from meat, poultry, seafood, beans and peas, eggs, soy products, nuts and seeds are part of the Protein Group.

Dairy: All milk products and foods made from milk are part of this food group. Most Dairy Group choices should be fat-free or low-fat. Foods made from milk that keep their calcium content, like cheese and yogurt, are part of the group.

MyPlate Highlights Dairy as an Essential Part of Every Meal.

Before you eat, think about what you put on your plate or in your cup and include dairy at every meal, for adults and children alike. The USDA's MyPlate tool provides a clear message that a healthy diet is made of a variety of nutrient-rich foods, like low-fat and fat-free milk, cheese and yogurt.

To learn more visit MyPlate.gov.



Leading the way in discovering dairy.
DairyMAX.org

Find the GOOD Stuff!



1. Create a **MyPlate** breakfast

Grain: _____

Fruit/Vegetable: _____

Dairy: _____

2. Create a **MyPlate** lunch

Fruit: _____

Vegetable: _____

Grain: _____

Protein: _____

Dairy: _____

3. Create a **MyPlate** dinner

Fruit: _____

Vegetable: _____

Grain: _____

Protein: _____

Dairy: _____

4. Circle all foods in the Dairy Group

5. Circle all foods that contain a serving of dairy but have other food groups too