



MyPlate

Fruits

1 ½-2 cups each day

Focus on whole fruits

1 CUP FRUIT =

- 1 cup berries (raspberries, strawberries, blueberries)
- 1 cup canned fruit
- ½ cup dried fruit

Vegetables

2-3 cups each day

Vary your veggies

1 CUP VEGETABLES =

- 1 cup broccoli
- 1 cup tomatoes
- 2 cups raw leafy greens, like spinach



Dairy

3 cups each day

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

1 CUP DAIRY* =

- 1 cup low-fat yogurt
- 1 ½ ounces low-fat cheddar or string cheese
- 1 cup fat-free or low-fat milk including flavored milk



Grains

5-8 ounces each day

Make at least half your grains whole grains

1 OUNCE GRAINS =

- 1 slice whole wheat bread
- ½ cup cooked pasta or brown rice
- 1 cup ready-to-eat breakfast cereal

Protein

5-6 ½ ounces each day

Go lean with protein

1 OUNCE PROTEIN =

- 1 ounce cooked lean meat, poultry or fish
- 1 large egg
- ¼ cup cooked beans

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