Community Nutrition Education

In Your Hands

EFNEP
Expanded Food and Nutrition Education Program

Planning Healthy Meals Using MyPlate

A healthy meal starts with more vegetables and fruits with smaller portions of protein and grains. Include dairy by making it the beverage with your meal.

Make half your plate fruits and vegetables.

- Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals.
- Add whole or cut-up fruits to meals.
- Add yummy extras such as avocado, tomato slices and spinach leaves to sandwiches.

ChooseMyPlate.gov
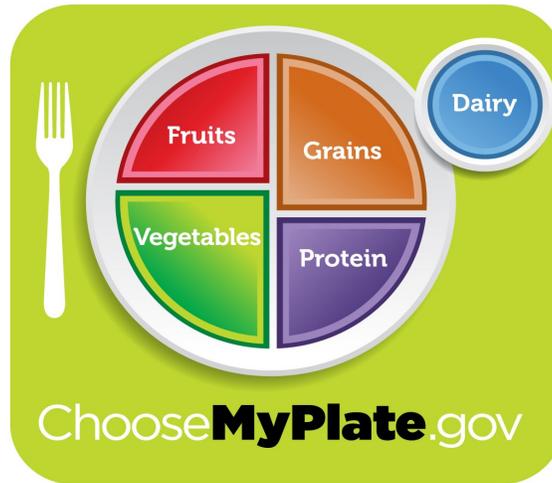
Make at least half your grains whole.

- Choose 100% whole-grain cereals, breads, crackers, rice, and pasta.
- Mix at least half whole wheat flour with white when baking.
- Check the ingredients list on food packages to find whole-grain foods.

Choose foods and drinks with little or no added sugars.

- Choose fresh, frozen, and canned fruit without added sugar or high fructose corn syrup.
- Drink water instead of sugary drinks. There are about 10 tsp of sugar in a 12 oz can of soda.
- Choose 100% fruit juice instead of fruit-flavored drinks.

Vary your protein food choices.

- Twice a week, make seafood the protein on your plate.
- Eat beans, which are a *natural* source of fiber and protein.
- Include nuts, eggs and legumes like peas and lentils.
- Keep meat and poultry portions small and lean. Choose lean meats and ground beef that are at least 90% lean.

Switch to skim or 1% milk.

- They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.
- Try calcium-fortified soy products as alternatives for dairy foods.
- When selecting cheese, yogurt, sour cream and cottage cheese, choose low or reduced-fat versions.

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EXTENSION

USDA
United States Department of Agriculture
National Institute of Food and Agriculture

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How Much Do I Need?

(Based on a 2,000 calorie per day meal plan)

Vegetables - 2½ cups every day

What counts as a cup?

1 cup raw or cooked vegetables

12 baby carrots

1 large ear of corn

1 large sweet potato

1 cup 100% vegetable juice

10 broccoli florets

2 cups leafy salad greens

Fruits - 2 cups every day

What counts as a cup?

1 cup raw, frozen or cooked fruit

22 seedless grapes

1 cup 100% fruit juice

1 large banana

8 large strawberries

1 small apple

½ cup dried fruit

Grains - 6 ounces every day

What counts as an ounce?

½ cup cooked pasta, rice or cereal

1 oz dry pasta or rice

1 tortilla, 6 inch diameter

1 cup cereal flakes

1 pancake, 5 inch round

1 regular slice bread

½ cup cooked oatmeal or 1 packet

Dairy - 3 cups every day

What counts as a cup?

1 cup milk, yogurt or fortified soymilk

1½ oz natural cheese (size of 3 dice)

2 oz processed cheese

2 cups cottage cheese

1 ½ cups ice cream

Protein - 5½ ounces every day

What counts as an ounce?

1 oz lean meat, poultry or fish (3 oz = deck of cards)

1 egg

1 Tbsp. peanut butter

¼ cup cooked beans or peas

12 almonds, 24 pistachios, 7 walnut halves

Build a Healthy Plate - Sample 2000 Calorie Menu

Breakfast	1 cup whole grain cereal, 1/2 cup of blueberries, 1 cup of reduced-fat milk, 1 cup coffee or tea with 1 tsp sugar and 1 Tbl cream.
Snack	1 small apple, sliced and 1 Tbl peanut butter.
Lunch	Tuna salad sandwich on whole wheat bread, 1 oz slice of cheese, 1/2 cup sliced bell pepper, and a glass of water with a lemon wedge.
Snack	12 baby carrots and 2 Tbsp. of hummus.
Dinner	2 - 3 oz. grilled chicken, 1 cup cooked brown rice, 2 cups garden salad, 2 Tbl salad dressing, 1 cup of reduced-fat milk, 1/2 cup fruit crisp with 1/2 cup vanilla ice cream.

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