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CULTIVATING HEALTHY COMMUNITIES

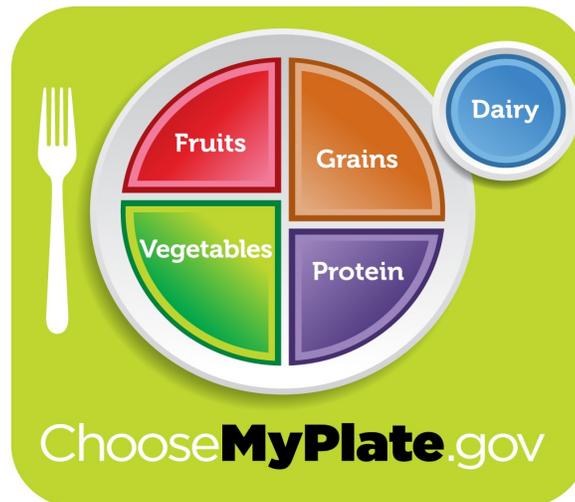
In Your Hands

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.



Make at least half your grains whole.

- Choose 100% whole-grain cereals, breads, crackers, rice, and pasta.
- 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 teaspoons of sugar in a 12-ounce 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 legumes, nuts, and eggs.
- 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, choose low or reduced-fat versions.

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How Much Do I Need?

(Based on a 2,000 calorie 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
32 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 of whole grain cereal, 1/2 cup of blueberries and 1 cup of reduced-fat milk.
Snack	1 slice of whole wheat toast and 1/2 sliced banana.
Lunch	1 cup of cooked pasta, 1 cup mixed vegetables, 2 to 3 oz. chicken breast 1 cup of low fat milk, and 2-3 tsp. of olive oil for drizzling on top of chicken and vegetables
Snack	1/2 slice of pita bread, 1/2 cup baby carrots and 1 Tbsp. of hummus dip
Dinner	2 to 3 oz. grilled salmon, 1 to 2 oz. brown rice, 1 cup salad, 1 to 2 tsp. salad dressing 1 cup of reduced-fat milk, 1/2 cup fresh melon

UVM Extension's Expanded Food and Nutrition Education Program helps limited resource families, their children and pregnant women learn to shop smarter, eat healthier, and save money. For more information, please contact: (802) 656-2311 or 1-877-337-5826 (toll-free in Vt.) efnep@uvm.edu

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