

**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.** 





Answer key for item 4: Dairy items: yogurt frozen pops, lactose-free ice cream, vanilla ice cream, string Swiss cheese, sour cream, queso fresco, 2% lactose-free milk, fat-free milk, yogurt. Answer key for item 5: Rice pudding; vegetable pea cream soup; beef, bean and cheese burrito; chorizo, cheese and potato quiche bites; flan; cheese quesadilla; cheese omelet; tortilla roll-up with cheese and salsa; creamy potato soup; creamy lentil soup; chocolate pudding; mango low-fat yogurt; guava smoothie/nectar; pineapple smoothie.

## Find the GOOD Stuff!

1.	Create a <b>MyPlate</b> breakfast
	Grain:
	Fruit/Vegetable:
	Dairy:
2.	Create a MyPlate lunch
	Fruit:
	Vegetable:
	Grain:
	Protein:
	Dairy:
3.	Create a <b>MyPlate</b> 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