



Video Transcript: MyPlate

MyPlate is a visual message that supports individuals in becoming more aware of making healthy choices.

Notice that half of the plate is fruits and vegetables. Aim for non-starchy vegetables like broccoli, lettuce, or peppers.

A quarter of the plate is grains. Aim for whole grains such as quinoa or brown rice.

A quarter of the plate is protein foods. Aim for low-fat options such as chicken, fish, beans, or tofu.

A small amount of low-fat dairy.

Water or a low-calorie drink is not included as part of MyPlate but is a good choice.