



Eating the MyPlate Way

What is MyPlate?

MyPlate is a great tool that can help you plan for healthy eating. The icon to the right shows a place setting for a well-balanced meal. The five food groups shown are the building blocks for healthy eating.

Plan your meals the MyPlate way!

To build a healthy plate, you need to include foods from each food group: fruits, vegetables, grains, proteins, and dairy. Here are some tips for choosing foods from each food group:

- **Fruits.** Fruits can be fresh, frozen, canned or 100% fruit juice. Some examples of fruits grown in Maryland are apples, pears, blueberries, cantaloupe, peaches, pears, strawberries and watermelon.
- **Vegetables.** Vegetables can be fresh, frozen, canned or 100% vegetable juice. Examples of vegetables grown in Maryland are: asparagus, broccoli, carrots, cauliflower, corn, eggplant, kale, peppers, potatoes, salad greens, sweet potatoes, and tomatoes.
- **Grains.** Grains are found in foods like wheat, rice, oats, cornmeal, barley or another cereal grain. Foods that are considered grains are bread, pasta, oatmeal, breakfast cereals, tortilla, and grits.
- **Protein foods.** Protein foods are all foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products like tofu, nuts, and seeds.
- **Dairy.** Foods that are found in the dairy group are fluid milk, milk-based desserts like ice cream and frozen yogurt, cheese, and yogurt.

To learn more about MyPlate, visit www.choosemyplate.gov.



Recipe

MyPlate Wraps

Serves 4

Ingredients:

- 4 Whole grain tortillas
- 2 cups baby spinach
- ¼ cup dried cranberries
- ½ cup mandarin oranges
- 1 cup low-fat mozzarella cheese
- 1 cup canned chicken (packed in water)
- 4 Tablespoons fat-free/low-fat Italian dressing

Directions:

1. Layer the ingredients on the tortilla.
2. Top with fat-free Italian dressing (about 1 Tablespoon each).
3. Roll up the tortillas and enjoy!

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