



Components of MyPlate

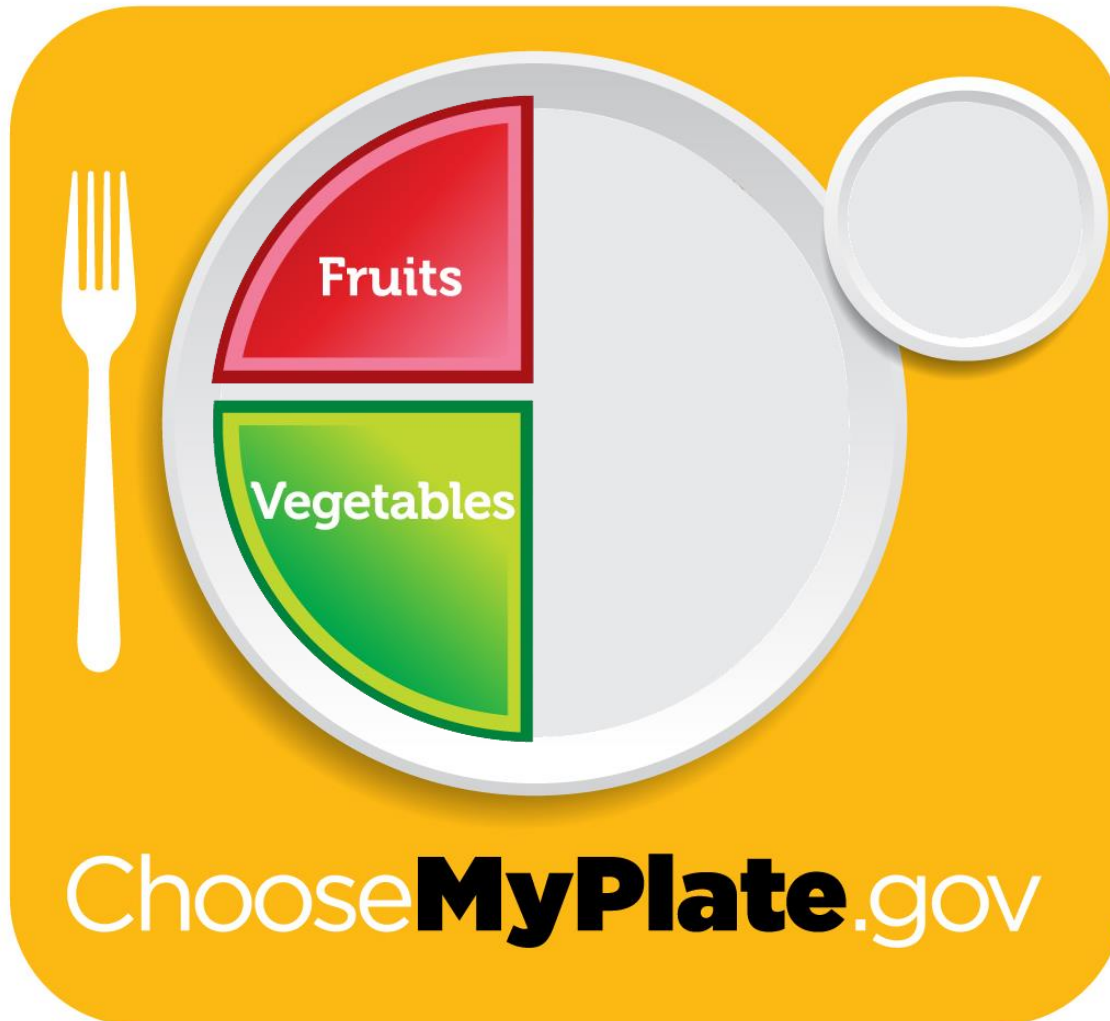
The vegetable portion of MyPlate is green. It is one of the largest sections on the plate. Vegetables provide us with vitamins and minerals. It is best to include a variety.





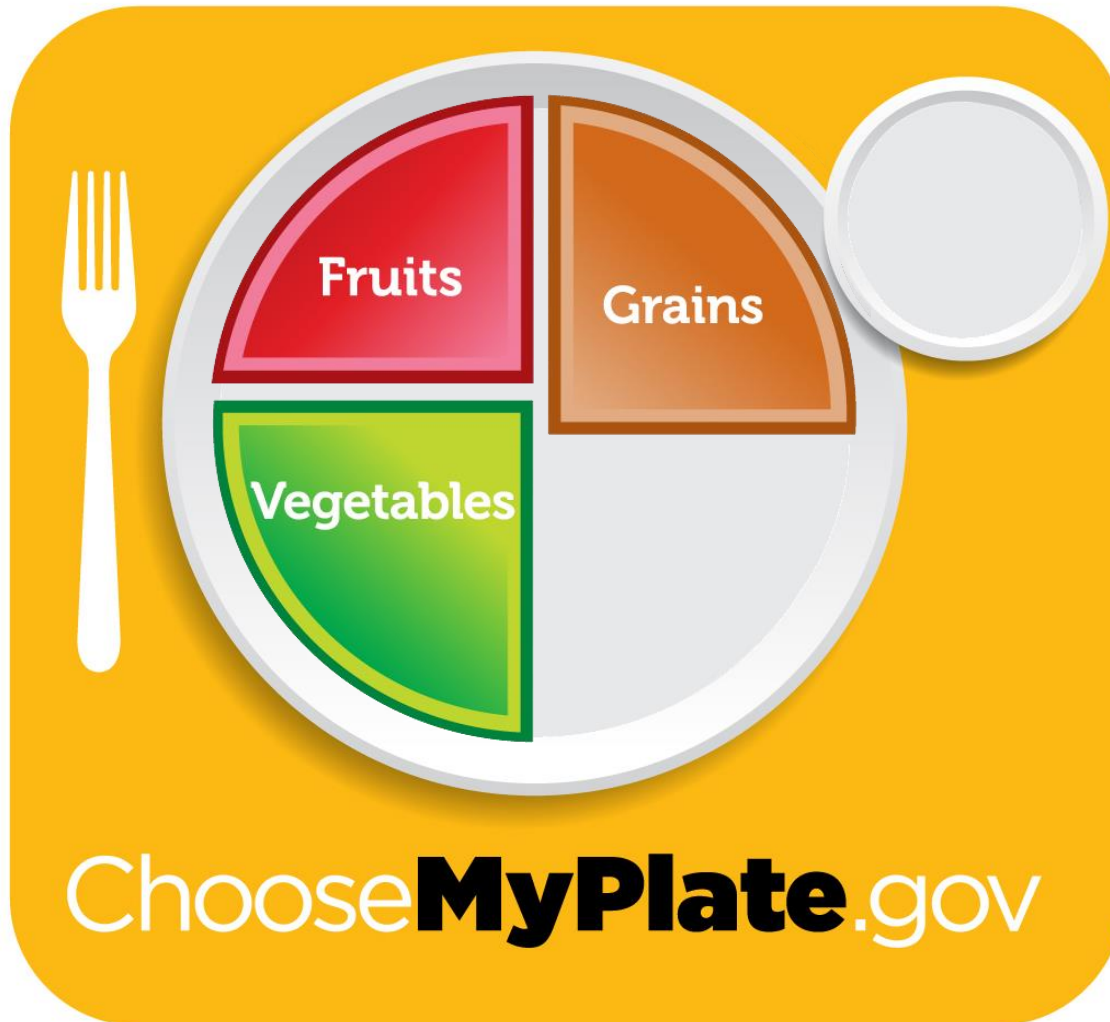
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The fruit portion of MyPlate is red. Fruits have vitamins, minerals and fiber. Together with vegetables, fruits should fill half of the plate. Whole fruits are the best choice. Fruit juices have more sugar and calories and no fiber.





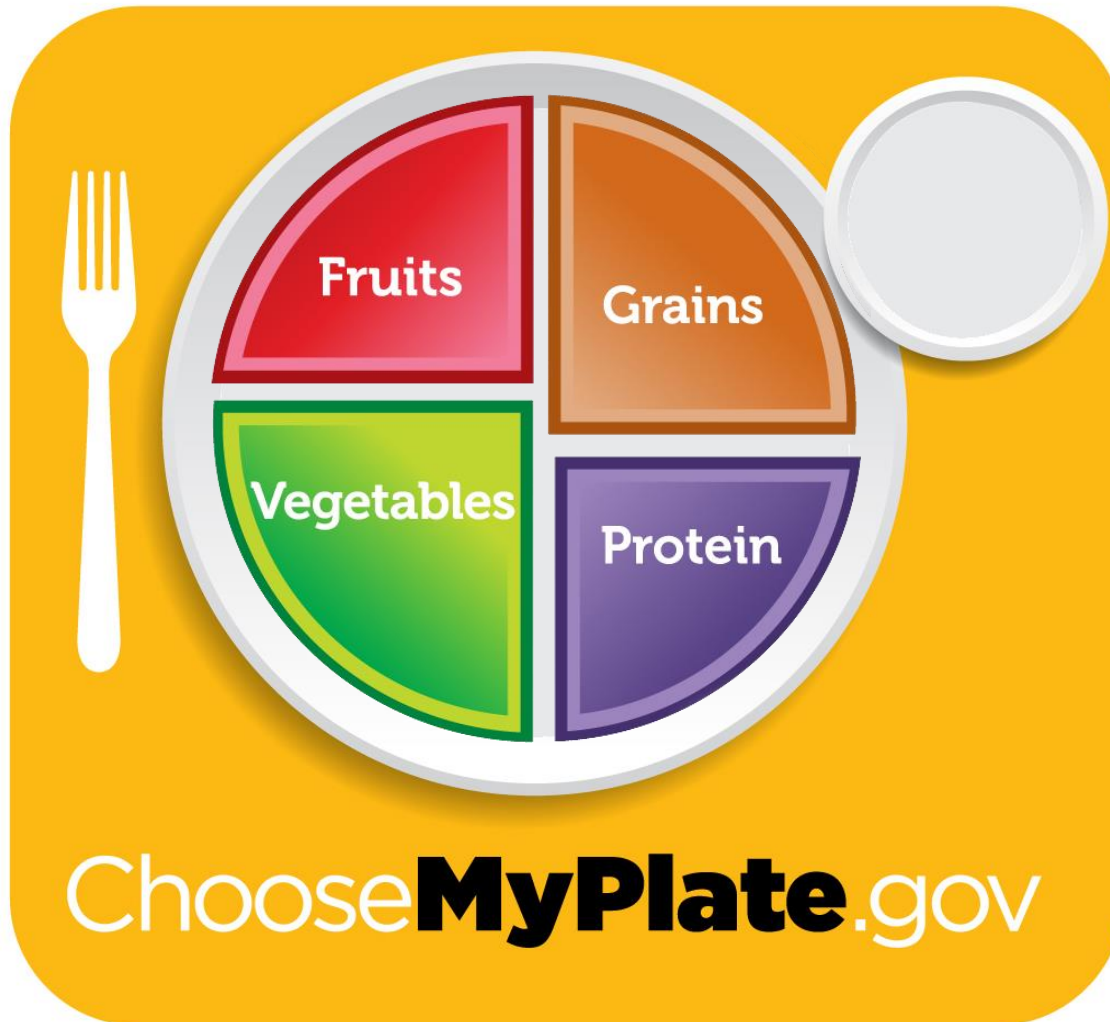
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The grains portion of MyPlate is orange and about a quarter of the plate. Whole grains are more nutritious and have fiber that makes us feel full longer. At least half of the grains we eat should be 100% whole grains.



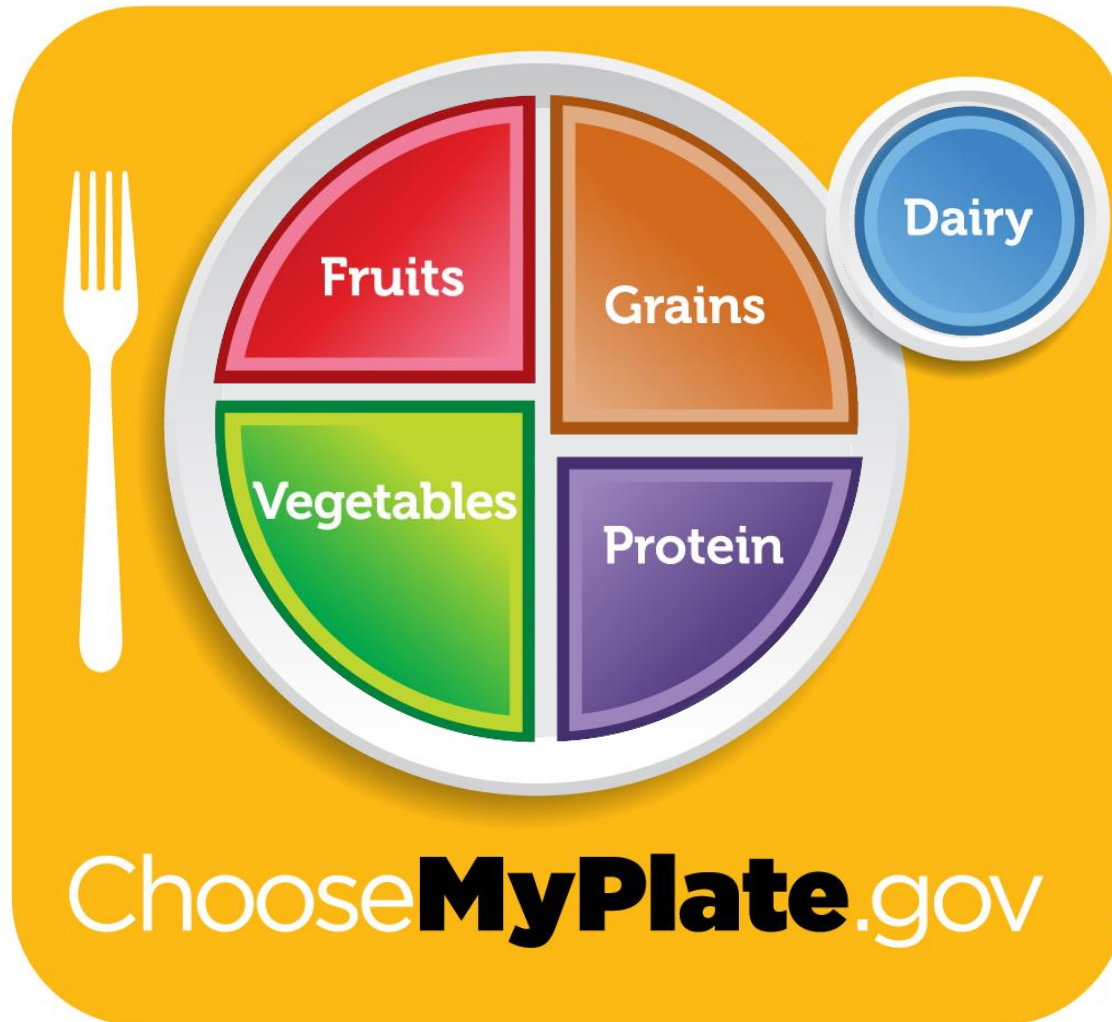
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The protein portion of MyPlate is purple and also about a quarter of the plate. Protein builds and maintains tissues in our bodies. Proteins include meats, eggs, nuts and seeds.



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The blue circle on the right of MyPlate represents the dairy portion. Dairy products provide calcium for strong bones. Serving low-fat dairy is the best option.