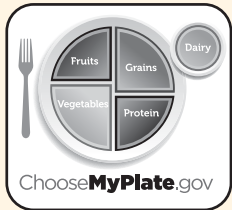




WHAT IS MYPLATE? LEARNING TO EAT HEALTHY



We get almost too much information on what foods we need. It's hard to remember what groups of foods to have. And how much is too much. A great way to eat right is to think of the foods we need as a plate. The USDA uses the plate picture to help.

There are 5 food groups and you need all of them!



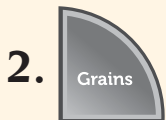
Vegetables – Vary your veggies

Green: Lettuce • Spinach • Broccoli • Collard Greens

Red & Orange: Tomatoes • Carrots • Sweet Potatoes • Green Bell Peppers

Don't forget: Beans • Peas • Artichokes • Celery • Avocados

Driscoll Health Plan encourages you to super-size your veggies.



Grains – Make at least ½ your grains “whole”

• Bread • Pasta • Oatmeal • Breakfast Cereals • Tortillas • Grits

“Whole” grains are made from whole wheat flour, cracked wheat, oatmeal, and brown rice. “Refined” grain products are missing the good stuff like vitamin B, iron and fiber. Things like white rice, white bread, and white flour.



Fruits – Focus on fruits

• Apples • Bananas • Limes • Oranges • Melons • Berries • 100% fruit juices

All kinds of other fruits are good for you. Make half your plate fruits and vegetables. Like veggies you can super-size your fruits.



Protein – Go lean with protein

• Meat • Poultry • Seafood • Beans • Peas • Eggs • Seeds • Nuts

But not a lot of fatty meats. Eat fish at least once a week.



Dairy – Get your Calcium

• Milk • Hard Cheese • Yogurt

Eat fat-free or low-fat. Avoid cream cheese, cream, and butter.

BEFORE YOU EAT, THINK ABOUT YOUR PLATE.

Go to www.ChooseMyPlate.gov for more information.