Make MyPlate Your Plate
Haga MiPlato Su Plato

What’s on your plate? ¿Qué hay en su plato?

Breakfast/el desayuno: Lunch/el almuerzo: Dinner/la cena:

- Egg and cheese
- Oatmeal and fruit
- Stuffed peppers and beans
- Whole wheat pasta and vegetables
- Chicken breast and broccoli
- Grilled chicken and rice

Tips/Sugerencias:

- Consume a variety of fruits and vegetables.
- Include lean protein sources.
- Use healthy fats.
- Choose whole grains.
- Limit added sugars.
- Choose low-fat dairy products.
- Include low-fat milk and cheese.

With fruits and vegetables, the more the better!
¡Con frutas y verduras, cuanto más come, mejor!

Add more servings with snacks! ¡Añadir más raciones con meriendas!

Notes:

- Small portions:
  - 1 / 2 cup of fruit
  - 1 / 4 cup of vegetables
  - 2 tablespoons of oil
  - 1 / 4 teaspoon of salt
  - 1 / 4 cup of fat-free milk
  - 1 / 8 cup of cheese
  - 3 tablespoons of sugar

- Large portions:
  - 1 cup of fruit
  - 1 / 2 cup of vegetables
  - 3 tablespoons of oil
  - 1 teaspoon of salt
  - 1 / 4 cup of fat-free milk
  - 1 / 4 cup of cheese
  - 1 / 2 cup of sugar

Select healthy snacks:

- Fruits
- Vegetables
- Nuts
- Yogurt
- Low-fat cheese

Limit added sugars:

- Sweets
- Cakes
- Sodas

- *All servings shown are adult serving sizes. Servings for small children are about half.
- *The serving sizes are based on recommendations for adults, and the servings for children should be adjusted accordingly.