

# Create Your Plate With MyPlate

## Fruits

What are **FRUITS**?

**Green:** kiwi, pears  
**Yellow & Orange:** apricots, pineapple, orange, peaches  
**Red:** apples, strawberries, raspberries, cherries, watermelon  
**Blue & Purple:** blueberries, grapes, plums  
**White:** bananas, dates

## Vegetables

What are **VEGETABLES**?

**Dark Green:** broccoli, collard greens, dark lettuce leaves, spinach, kale, romaine lettuce  
**Red & Orange:** all squash, carrots, pumpkin, red/green/orange peppers, tomatoes  
**Beans & Peas:** kidney, black, navy, pinto, soy, split peas  
**Starchy:** corn, green peas, potatoes  
**Others:** beets, cabbage, cauliflower

## Grains

What are **GRAINS**?

**Whole Grains:** whole wheat bread, brown rice, oatmeal, popcorn, whole wheat cold cereal, whole wheat crackers, whole wheat pasta, whole wheat tortillas, whole wheat buns and rolls, bulgur, whole rye, rolled oats  
**Refined Grains:** cornbread, corn tortillas, crackers, flour tortillas, noodles, pretzels, white bread, white rice

Make at least half your grains whole!



## Dairy

Where do you find **DAIRY**?

**Milk:** fat-free, low fat 1%, reduced fat 2%, and whole; lactose-free, flavored, calcium-fortified soymilk  
**Yogurt**  
**Cheese:** cheddar, mozzarella, Swiss, parmesan, American, cottage cheese  
**Milk-based Desserts:** pudding, frozen yogurt

## Protein

Where do you find **PROTEIN**?

**Meat:** beef, ham, lamb, pork  
**Poultry:** chicken, duck, goose, turkey  
**Seafood:** tuna, salmon, cod, herring  
**Beans:** kidney, black, navy, lima, soy  
**Eggs**  
**Soy Products:** tofu, veggie burger  
**Nuts:** almonds, pecans, peanuts, peanut butter, walnuts  
**Seeds:** sunflower, pumpkin, sesame

