

MYPLATE

For more information about MyPlate and other healthy tips, visit www.ChooseMyPlate.gov

Try using the MyPlate meal pattern as a guide for creating healthy, balanced meals and snacks—whether served on a plate or packed in a lunch box.

- Make at least half your grains whole grains
- Vary your veggies
- Focus on fruit
- Get your calcium-rich foods
- Go lean with protein



a colorful plate
is a nutritious plate!

MaineHealth

LET'S GO!

5-2-1-0