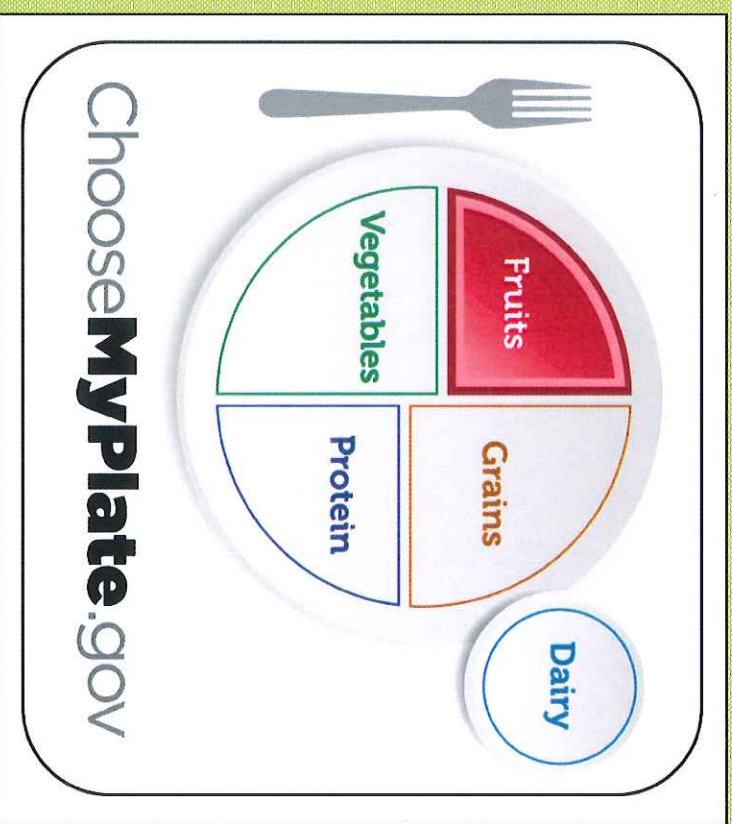


# Fruits Group

1. Use fruits as snacks, salads or desserts.
2. Choose whole or cut up fruits more often than fruit juice.

## Key Consumer Message:

Make half your plate fruits and vegetables.

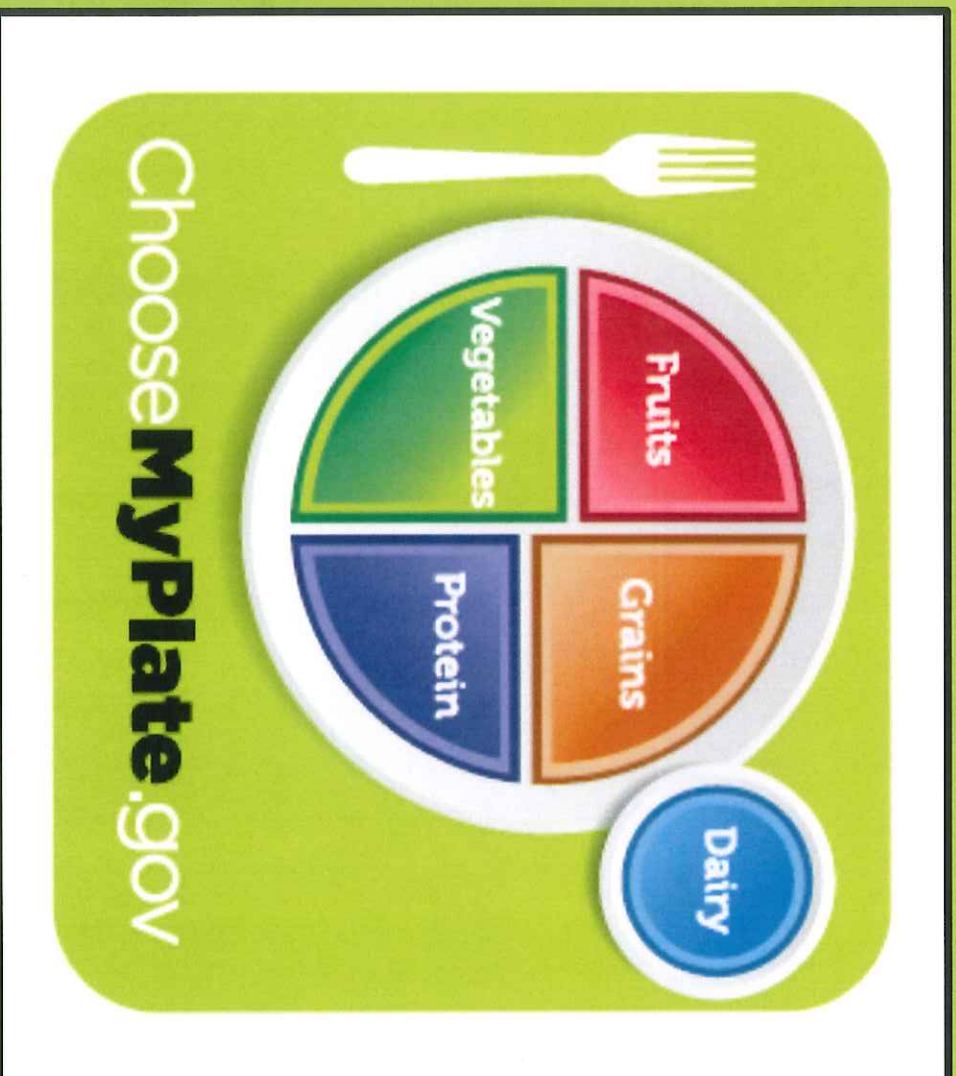


Boys 9-13	1 ½ c. daily
Boys 14-18	2 c. daily
Girls 9-18	1 ½ c. daily



# MyPlate

- MyPlate was released in June 2011.
- Recommendations are for 2 years of age and older.



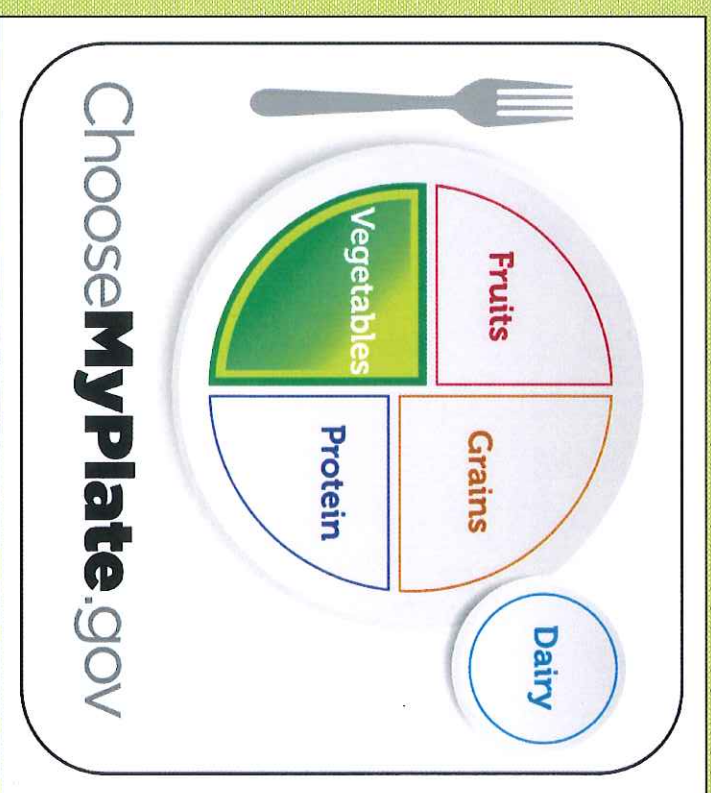


# Vegetables Group

1. Choose fresh, frozen, canned or dried.
2. Eat red, orange and dark green vegetables.

## Key Consumer Message:

**Make half your plate fruits and vegetables.**



Boys 9-13	2 ½ c. daily
Boys 14-18	3 c. daily
Girls 9-13	2 c. daily
Girls 14-18	2 ½ c. daily

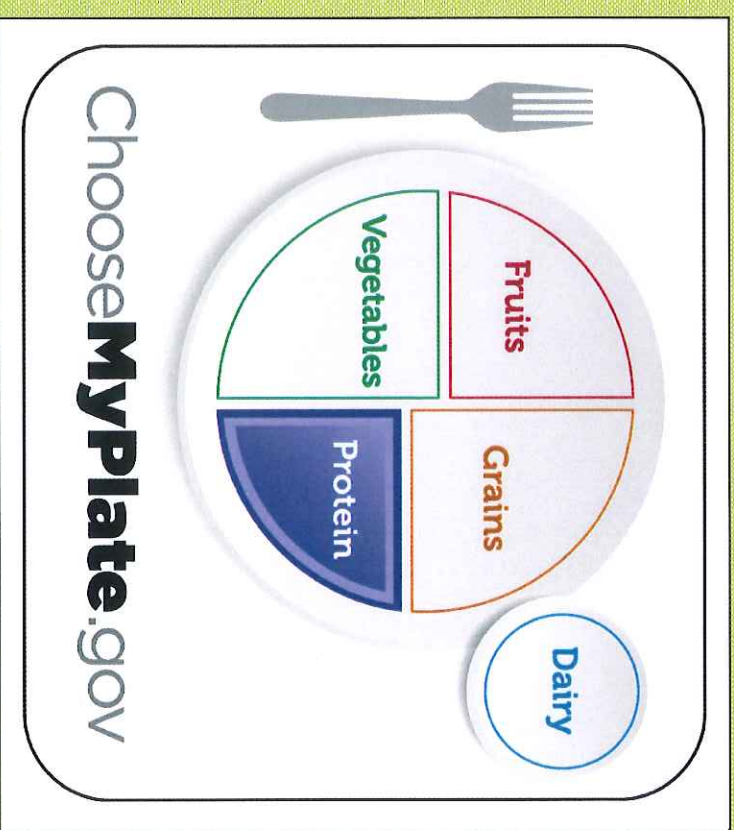


# Protein Group

1. Choose a variety of different protein sources.
2. In place of *some* meat and poultry, choose 8 oz. seafood per week.
3. Try grilling, broiling, poaching or roasting.

## Key Consumer Message:

Keep meat and poultry portions small and lean.

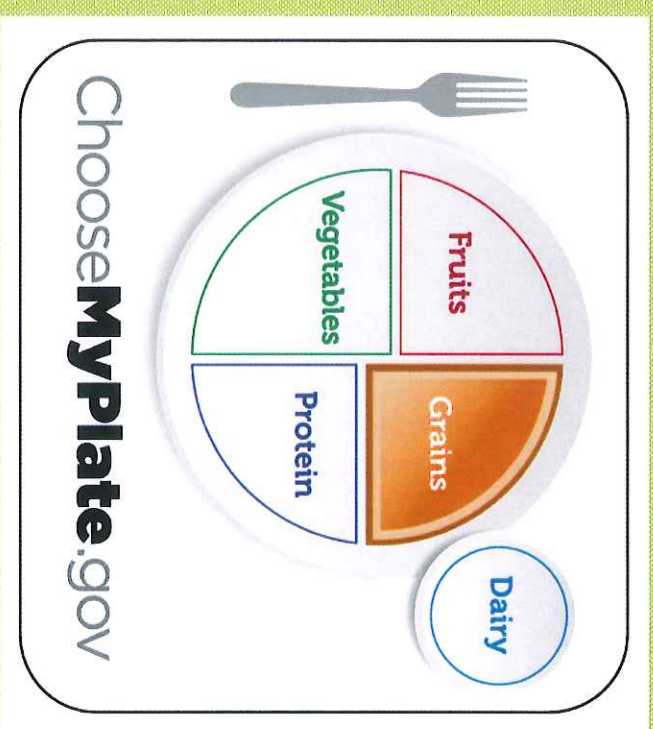


Boys 9-13	5 oz. daily
Boys 14-18	6 ½ oz. daily
Girls 9-18	5 oz. daily



# Grains Group

1. Choose 100% whole grain cereals, breads, crackers, rice and pasta.
2. Check the ingredients list on food packages to find whole grain foods.



## Key Consumer Message:

**Make half your grains whole grains.**

	Grains	Whole Grains
Boys 9-13	6 oz. daily	3 oz. daily
Boys 14-18	8 oz. daily	4 oz. daily
Girls 9-13	5 oz. daily	2.5 oz. daily
Girls 14-18	6 oz. daily	3 oz. daily

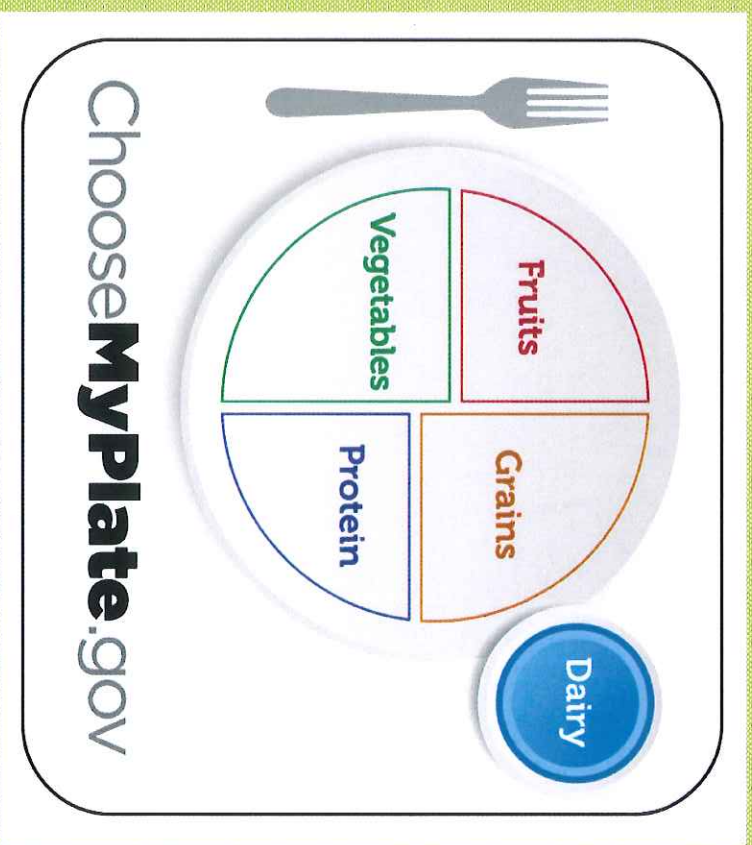


# Dairy Group

1. Low-fat or fat-free dairy products have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.

## Key Consumer Message:

Switch to low-fat or fat-free milk. Get your calcium rich foods.



Boys 9-18	3 c. daily
Girls 9-18	3 c. daily