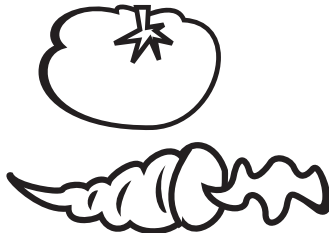


# MyPlate Food Guide

## Vegetables

40% of your plate

salad

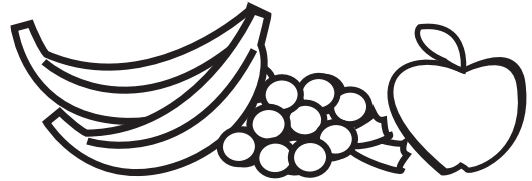


juice



## Fruits

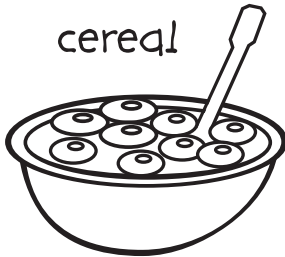
10% of your plate



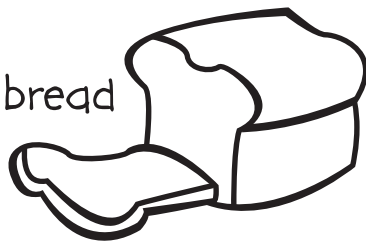
## Grains

30% of your plate

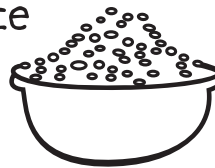
cereal



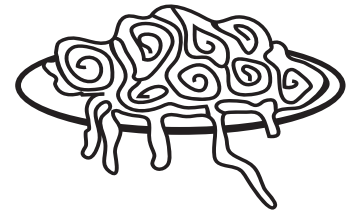
bread



rice



pasta

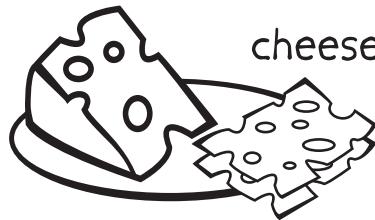


## Dairy

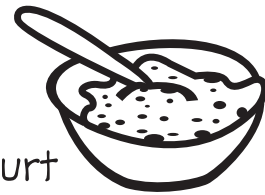
1 cup of milk, yogurt, or soy milk, 1½ ounces of natural cheese, or 2 ounces of processed cheese



milk



cheese



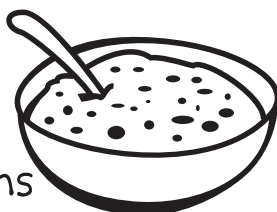
yogurt

## Protein

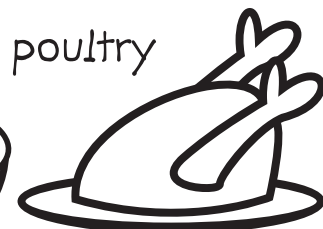
20% of your plate



egg



beans



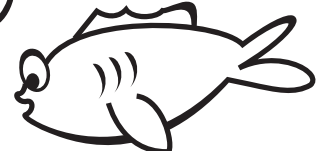
poultry



meat



peanut  
butter



fish