

# MyPlate



## What is it?

- Created by the USDA, MyPlate is a guide to planning and eating a healthful diet.
- It does not exclude any food group. The goal is to promote a balanced, healthy relationship with food.

## Why it's Important?

- Eating a balanced diet is necessary to supply your body with the energy and nutrients it needs to grow and continue doing activities you love!

## Incorporate all Five Parts:

- **Fruit:** 1 serving or about ¼ of plate
- **Vegetables:** 1-2 servings or about ¼ of plate
- **Grains:** whole grain (pasta, bread, cereal) is first choice
- **Protein:** choose healthy, lean sources (eggs, beans, chicken, fish, etc)
- **Dairy:** choose low-fat or skim products; could be milk, milk substitutes, or yogurt



## Encourage a Healthy Lifestyle:

- Let kids help choose and/or prepare what's being served.
- Remember to incorporate daily physical activity.
- Don't ban any foods. For less healthy cravings, limit the portion size and times eaten per week.

## Here's a wholesome meal idea to try - Southwestern Salad with Chipotle Dressing

### Ingredients

- 3 cups cooked brown rice
- 2-15 oz cans black beans, drained and rinsed
- 1 large red pepper, chopped
- 1 small red onion, chopped
- 1 avocado, chopped
- 1 cup cilantro, chopped

### Dressing

- 1/3 cup olive oil
- 4 Tablespoons freshly squeezed orange juice, about 2 oranges
- ½ of one canned chipotle chili in adobe sauce, finely chopped, plus 1 teaspoon of adobe sauce
- Seasonings: 2 tablespoons red wine vinegar, 1 teaspoon cumin, 1 teaspoon chili powder, salt and pepper



**Directions:** For the dressing: Whisk all ingredients together and set aside. For the salad: Put rice, beans, peppers and onion in a large bowl. Add half of the dressing, toss, add the avocados and cilantro, more of the dressing (to taste), pepper (also to taste), a dash of salt, and gently toss. Makes 12 -1 cup servings