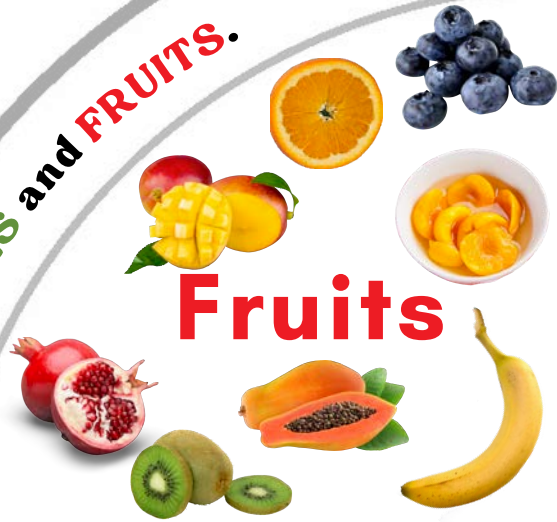


Fill Your Plate with Healthy Foods Every Day

Fill half of your plate with **VEGETABLES** and **FRUITS**.



Fruits

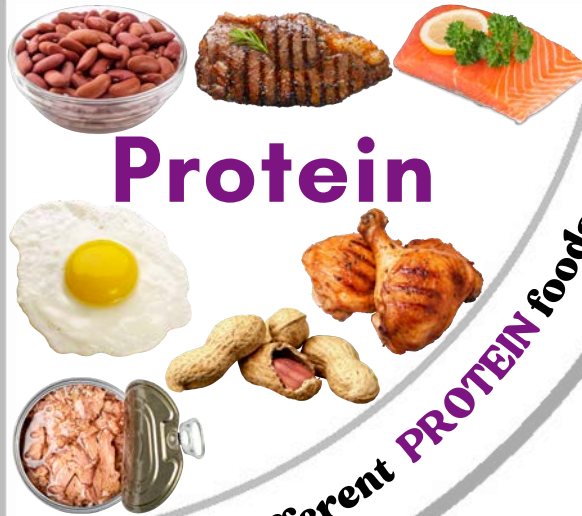


Vegetables

Make half of your daily **GRAINS** whole grains.



Grains



Protein

Eat different **PROTEIN** foods each day.

Daily **DAIRY** keeps your bones strong.

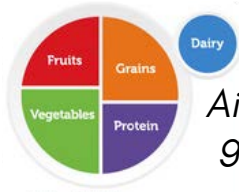


Dairy



Quick Tip

Try to include all 5 food groups throughout the day to get the nutrition you need.



Aim for at least 3 food groups at meal times

MyPlate Meal Ideas

Visit our website for healthy, low-cost recipes!
uri.edu/SnapEd



Chicken, rice & beans

- Grain:** rice
- Protein:** chicken, beans
- Vegetable:** peppers



Veggie pizza

- Grain:** crust
- Vegetable:** tomatoes, peppers, olives, mushrooms, tomato sauce
- Dairy:** cheese



Fish tacos

- Grain:** tortillas
- Protein:** fish
- Vegetable:** cabbage
- Fruit:** mango salsa



Breakfast burrito

- Grain:** tortilla
- Protein:** eggs, beans
- Vegetable:** onions, salsa
- Dairy:** cheese



Beef & vegetable stir fry

- Grain:** rice
- Protein:** beef
- Vegetable:** peppers



Chicken alfredo pasta

- Grain:** pasta
- Protein:** chicken
- Vegetable:** broccoli
- Dairy:** milk, cheese