






NUTRITION TO GO

MyPlate is a nutrition guide that was created based on the Dietary Guidelines for Americans. It is important to eat a variety of fruits, vegetables, grains, protein foods, and dairy products everyday. This table tells you about how much to eat from each food group in a day.



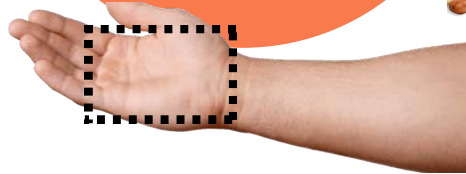
Food Group	Amount to Eat in a Day	Tips
 Fruits	1 ½ - 2 cups	Make half of your plate fruits and vegetables.
 Vegetables	2 ½ - 3 cups	Eat different colored fruits and vegetables each day.
 Protein	about 5 ounces	Vary your protein by including a mix of animal- and plant-based sources.
 Grains	about 5-6 ounces	Make half your grains whole grains.
 Dairy	3 cups	Choose fat-free or low fat dairy products, or fortified non-dairy alternatives.

Turn over to see what a cup or ounce looks like →

A Handy Guide on Portion Sizes

Use your hand to easily see how much of each food group is on your plate. This will help you meet your daily recommended intake of each food group.

1 cupped hand = ½ cup cooked veggies, pasta, rice, beans, and cereal or 1 ounce of nuts and seeds



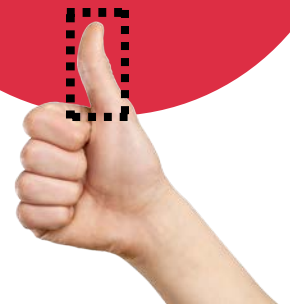
1 fist = 1 cup raw or leafy vegetables, cut or whole fruit, and low-fat or nonfat yogurt



flat palm = 1 slice of bread or 3 ounces of meat, fish, and poultry



thumb = 1 tablespoon nut butters and/or 1 ounce of hard and soft cheeses



For recipes & information about preparing healthy foods, visit web.uri.edu/SnapEd