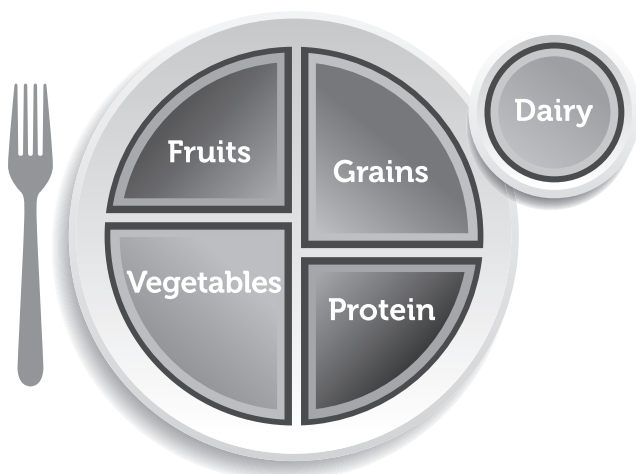


Nutrition module

GUIDE TO BALANCED EATING: CHOOSE MY PLATE

The foods you eat are responsible for your overall health. When properly balanced, your food selections can provide all the nutrients to support metabolism and prevent disease. There are a variety of visual tools, based on the Dietary Guidelines, that can help you get started. The “My Plate” logo gives a visual for the relative quantity of each food group in a healthy meal. Strive for variety, balance and moderation.



Choose**MyPlate**.gov

Variety

Choose a variety of foods within each food group to provide essential nutrients for energy, growth and overall health.

Balance

Eat food from all five major food groups. Each food group provides some, but not all, of the nutrients you need.

Moderation

Consume recommended portion sizes of food, and eat the appropriate number of servings from each food group. Your dietitian can help you determine the number of servings you need each day.

Food Group	Serving Size (ounce or cup equivalents)	Ounce or cup equivalents (most women)	Ounce or cup equivalents (most men)
Grains	1 slice bread; 1 oz ready to eat cereal; 1/2 cup rice or pasta (cooked)	5 oz	7 oz
Vegetable	1 cup raw leafy or 1/2 cup other vegetables; 3/4 cup juice	2 cups	3 cups
Fruit	1 medium (4 oz) fresh fruit; 1/2 cup canned fruit; 1/2 cup juice	1-1/2 cups	2 cups
Milk	1 cup milk or yogurt; 1-1/2 oz natural cheese, 2 oz processed cheese	3 cups	3 cups
Protein	1 oz cooked fish, lean meat or poultry; 1/2 cup cooked beans or 1 egg equals 1 oz lean meat	5 oz	6 oz