

# What's MyPlate All About?



The USDA MyPlate replaces the Food Pyramid. It divides a dinner plate into four sections for vegetables, fruits, grains, and proteins with a fifth smaller plate to one side for dairy. The fruit and vegetable portions make up half of the plate to emphasize the recommendation to include fruits and vegetables as half of every meal.



- Here are a few key suggestions that go along with the MyPlate guide:
- Make half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) milk.
- Make at least half your grains whole grains.
- Go lean with protein.
- Compare sodium (salt) in foods like soup, bread, and frozen meals, and choose foods with lower numbers.
- Drink water instead of sugary drinks.
- Find a balance between food and physical activity.
- Enjoy your food, but eat less.
- Avoid oversized portions.

Visit [www. choosemyplate.gov/MyPlate](http://www.choosemyplate.gov/MyPlate) to learn more.

*Brought to you by Parent Help Line at HSHS St. John's Children's Hospital to help keep kids safe, healthy and happy.*



Call the Parent Help Line. Help is just a phone call away.

1-217-544-5808 or 1-888-727-5889  
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