

## MY FOOD PLATE

Note sheet - (ChooseMyPlate.gov)

Name \_\_\_\_\_

Assign. # \_\_\_\_\_

**INSTRUCTIONS:** Top left, click on **My Plate**, then click on each group you are working on.

Choose A Food Group

### GRAINS

**Key Consumer Message:** Make at least half your grains \_\_\_\_\_.

What's in the grains group?

1. Any food made from \_\_\_\_\_  
or another cereal grain is a grain product.
2. \_\_\_\_\_ are  
examples of grain products.

Grains are divided into 2 sub groups:

1. \_\_\_\_\_ - contain the entire grain kernel - \_\_\_\_\_  
and \_\_\_\_\_.

Examples include:

2. \_\_\_\_\_ - have been milled – a process that removes the \_\_\_\_\_  
This gives the grain a finer texture and improves their \_\_\_\_\_, but it also  
Removes \_\_\_\_\_, \_\_\_\_\_, and many \_\_\_\_\_.

Examples include:

Most refined grains are enriched –

Some commonly eaten grain products are: (list 8 varied foods)

How many grain foods are needed daily for YOUR gender & age group? (See The Chart)

What counts as an ounce equivalent of grains?

\_\_\_\_\_ of bread, \_\_\_\_\_ of ready-to-eat cereal, \_\_\_\_\_ of cooked rice, cooked pasta, or cooked cereal.

List 2 others:

List 3 health benefits of eating grains:

#### NUTRIENTS:

Grains are important sources of many nutrients, including \_\_\_\_\_, several \_\_\_\_\_, (thiamin, riboflavin, niacin, and folate) and \_\_\_\_\_ (iron, magnesium, and selenium)

Read the "tips to help you eat whole grains."

#### VEGETABLES

**Key Consumer Message:** 1. Make half your plate \_\_\_\_\_ and \_\_\_\_\_.

What foods are in the vegetable group?

1. Vegetables may be \_\_\_\_\_ or \_\_\_\_\_; \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ and may be whole, cut up or mashed.

2. List 3 vegetables under each subgroup below:

Dark green vegetables   Red/Orange vegetables   Dry beans & peas   Starchy vegetables   Other Veggies

How many vegetables are needed daily for YOUR gender and age group?

What counts as a cup of vegetables?

\_\_\_\_\_ of raw or cooked vegetables or vegetable juice, or \_\_\_\_\_ of raw, leafy greens can be considered as 1 cup from the vegetable group.

List exact amounts for 1 vegetable in each of the 5 subcategories:

List 3 health benefits of eating vegetables:

Nutrients:

Most vegetables are naturally low in \_\_\_\_\_ and \_\_\_\_\_. None have \_\_\_\_\_. Vegetables are important sources of many nutrients, including \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.

Read the “tips to help you eat vegetables”

## FRUITS

FRUITS may be \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_.

What foods are in the fruit group? List 10 different fruits:

How much fruit is needed daily for YOUR gender & age group:

What counts as a cup of fruit?

\_\_\_\_\_ of fruit or 100% fruit juice or \_\_\_\_\_ of dried fruit can be considered as 1 cup from the fruit group.

List exact amounts and/or sizes of 5 specific fruits to obtain 1 cup of fruit:

List 3 health benefits of eating fruits:

Nutrients:

Most fruits are naturally low in \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

None have \_\_\_\_\_. Fruits are important sources of many nutrients including

\_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.

Read the "tips to help you eat fruits"

### OILS

What are "oils"?

1. Oils are fats that are \_\_\_\_\_ at room temperature, like the vegetable oils used in cooking.

List 4 common oils:

List the 4 foods that are NATURALLY high in oils:

The three foods that are mainly oil include:

2. Most oils are high in \_\_\_\_\_ or \_\_\_\_\_ fats, and low in \_\_\_\_\_ fats. Oils from plant sources do not contain any \_\_\_\_\_.
3. Solid fats are fats that are solid at room temperature, like \_\_\_\_\_ and \_\_\_\_\_. Solid fats come from many \_\_\_\_\_ and can be made from vegetable oils through a process called \_\_\_\_\_.

List 4 common solid fats:

How are oils different from solid fats?

Solid fats contain \_\_\_\_\_ and/or \_\_\_\_\_ than oils. To lower risk for \_\_\_\_\_, cut back on foods containing \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.

Why is it important to consume oils?

Polyunsaturated fats contain some fatty acids that are necessary for health – called “\_\_\_\_\_ fatty acids”. The MUFAs and PUFAs found in \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ do not raise LDL (“bad”) cholesterol levels in the blood. In addition to the essential fatty acids they contain, oils are the major source of \_\_\_\_\_ in typical American diets.

Oils still contain calories – about \_\_\_\_\_ calories per tablespoon. Therefore, the amount of oil consumed needs to be limited.

How much is the allowance for oils for YOUR gender and age?

List 5 "oil foods" you eat most often and complete the following chart:

FOOD	AMT. of Food	AMT. of Oil	Calories from Oil	Total Calories

## MILK

**Key Consumer Message:** Switch to \_\_\_\_\_ products or other  
\_\_\_\_\_ sources

What foods are included in the milk, yogurt and cheese group?

All fluid milk products and many foods made from milk are considered part of this food group. Foods made from milk that retain their \_\_\_\_\_ content are part of the group, while foods made from milk that have little to no calcium, such as \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_ are not. Most milk group choices should be \_\_\_\_\_ or \_\_\_\_\_.

Name a variety of 8 foods in the milk group:

How much food from the milk group is needed for YOUR gender and age?

Besides drinking 1 cup of milk, name 4 dairy foods and the amount needed to count as 1 cup of milk:

Health benefits and nutrients in milk:

Consuming dairy products provides \_\_\_\_\_ - especially improved  
\_\_\_\_\_. Foods in the dairy group provide \_\_\_\_\_ that  
are vital for health and maintenance of your body. These include \_\_\_\_\_  
\_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

List 3 health benefits of drinking milk:

Read the “tips for making wise choices” from the milk group.

### PROTEIN FOODS

What foods are included in the meat, etc. group?

All foods made from \_\_\_\_\_  
\_\_\_\_\_ are considered part of this group. Fish, nuts and seeds contain  
\_\_\_\_\_, so choose these foods frequently instead of meat or poultry.

List one specific food for each category below:

Meat

Poultry

Fish

Seeds and Nuts

Dry beans/peas

How much food from the meat and beans group is needed for **YOUR** gender & age group?

For each protein group listed below, name 1 specific food, the common portions, and ounce equivalents.

Meat –

Poultry –

Fish –

Eggs –

Nuts & Seeds –

Dry beans & peas –

Why is it important to make lean or low fat choices from the meat and beans group?

Choosing foods from this group that are high in \_\_\_\_\_ and \_\_\_\_\_ may have health implications.

Meat, poultry, fish, dry beans and peas, eggs, nuts and seeds supply many nutrients. These include \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

Read the "tips to help make wise choices" from the meat & beans group.

**Click "Vegetarian Choices"**

Protein sources from the Meat & Beans group for vegetarians include \_\_\_\_\_ (for ovo-vegetarians) \_\_\_\_\_ (tofu, tempeh, veggie burgers)