

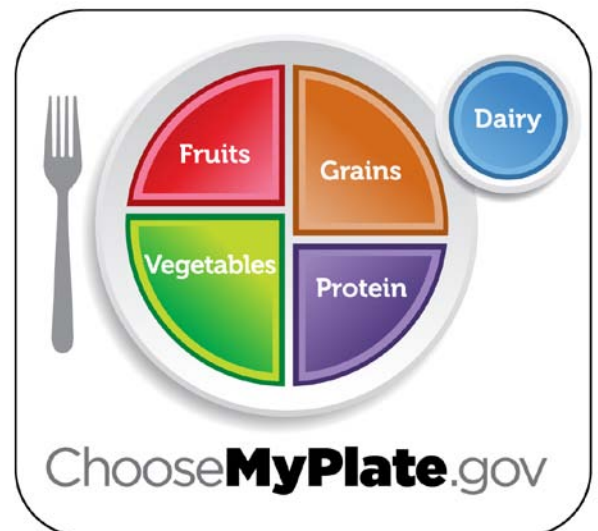
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Word Count: 150

MyPlate

When you plan a meal, there are many tasty foods from which to choose. How can you choose wisely? Eating only tasty doughnuts, for example, would cause health problems. To help people balance the foods they eat, experts created a chart called MyPlate.

MyPlate looks like a plate divided into colored sections. People can tell how much of their daily diet should come from each food group by comparing the sections. The one for vegetables is the largest. A healthy diet has more vegetables than proteins, fruits, or grains (which are shown by the other sections). There is also a circle near the plate that looks like a cup. This shows how much milk and other dairy food to eat daily.



MyPlate is easy to understand because it shows portions on a plate just like a plate you might use to eat. It helps people eat healthy meals each day.