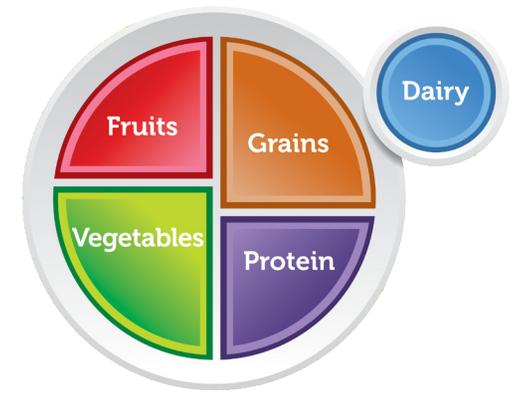


Get Your PLATE in SHAPE



Recently the United States Department of Agriculture introduced its new nutritional graphic, MyPlate, to replace the decades-old food pyramid. Here are easy and inexpensive ways to get your plate in shape.

Dairy

Choose fat-free or low-fat yogurt, milk, cheeses, and almond or rice milk

Try calcium-fortified soy products and juices as dairy alternatives

Fruits

Fresh, frozen, canned in 100 percent fruit juice, and dried fruit all count towards your daily fruit intake

Add fruit to morning oatmeal, cereal, and yogurt or choose as a snack or dessert

Grains

Make the switch to whole grain breads, pastas, cereals, and crackers

Choose brown rice, barley, quinoa, and oats for your main and side dishes

Protein

Focus on lean cuts of meat and poultry, and try to eat seafood at least two times per week

Utilize non-meat protein sources such as eggs, nuts, tofu, beans, and yogurt

Vegetables

Stock your freezer with frozen vegetables to steam or stir-fry for a quick and easy dish

Keep cut veggies on hand for a quick and crunchy snack or add to soups and sandwiches



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