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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