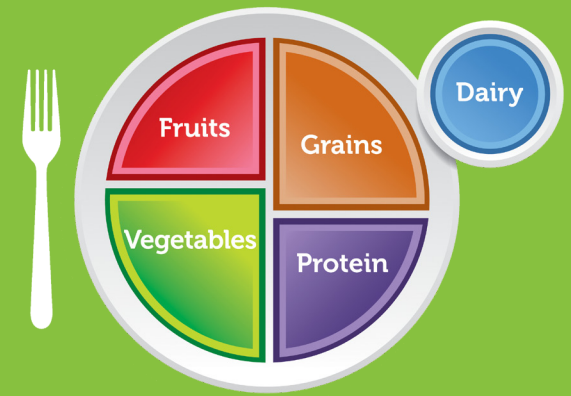


# Get Your PLATE in SHAPE

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



**HEALTH PROMOTION  
AND WELLNESS**  
*Illinois State University*

**Wellness.IllinoisState.edu**

If you would like a copy of this publication for use in your department, contact Health Promotion and Wellness at (309) 438-WELL (9355), or print from our Toilet Talk archives at [Wellness.IllinoisState.edu](http://Wellness.IllinoisState.edu).