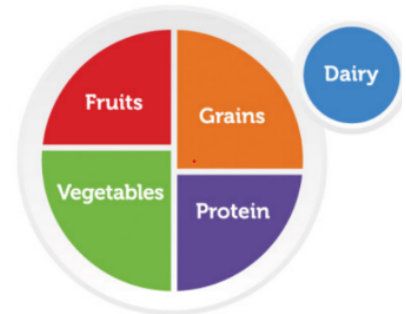




MyPlate Food Guide

MyPlate is a Symbol for Healthy Living



MyPlate.gov

What's a Grain, Again?

You know what fruits and vegetables are. But here's a reminder about what's included in the three other food groups: protein, grains, and dairy.

- **Protein:** Beef; poultry; fish; eggs; nuts and seeds; and beans and peas like black beans, split peas, lentils, and even tofu and veggie burgers. Protein builds and maintains muscles, skin, blood, and other tissues in your body.
- **Grains:** Bread, cereal, rice, tortillas, and pasta. At least half of the grains you eat should be whole-grains, such as whole-wheat bread, oatmeal, and brown rice. Whole grains have more fiber and help you feel full.
- **Dairy:** Milk, yogurt, cheese, and fortified soy milk and soy yogurt. With MyPlate, the dairy circle could be a cup of milk, but you also can get your dairy servings from yogurt or cheese. Choose low-fat or non-fat dairy most of the time.

The plate can be used for breakfast, lunch, and dinner. The plate also shows how to balance your food groups. There's a reason the protein section is smaller: You don't need as much from that group. Eating more fruits and vegetables will help you eat fewer calories overall, which helps you keep a healthy weight. Eating fruits and veggies also gives you lots of vitamins and minerals.

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