

Power Up with MyPlate

MyPlate uses the image of a portion sizes on a plate to show us how to make healthy meals using the five food groups: fruits, vegetables, whole grains, lean protein, and low-fat dairy. Today's Kitchen Demo showed you how to pick items from each food group to make your own Power Bowl. What tasty bowl can you make using the MyPlate guidelines? When creating your bowl, choose one option from each food group to "power up" with good nutrition!

Find more information about MyPlate at www.choosemyplate.gov.

Fruits

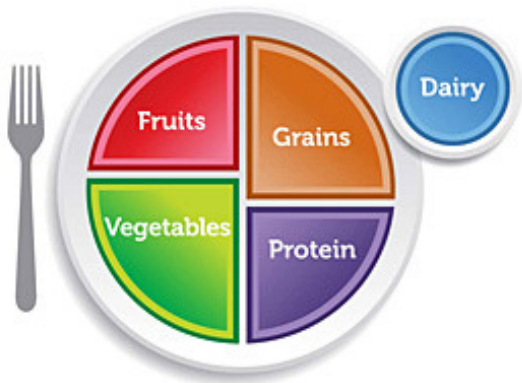
- Apple slices
- Orange sections
- Dried Fruit
- Mango Salsa
- Pineapple Chutney
- Blueberries
- Peaches

Grains

- Quinoa
- Brown rice
- Oatmeal
- Buckwheat
- Farro
- Millet
- Rice noodles

Dairy

- Milk
- Yogurt
- Goat cheese
- Feta Cheese
- Low-fat Sour Cream
- Low-Fat Cottage Cheese



Vegetables

- Broccoli, carrots, kale, cauliflower, spinach, roasted peppers, beets, tomatoes, cucumbers, squash, eggplant

Protein

- Chicken, turkey, lean beef, almonds, pumpkin seeds, beans, lentils, tofu, peanuts, salmon, trout, shrimp