

Build a Healthy Meal with Colorful Foods



Fruits

such as apple slices, melon, oranges, grapes or berries. Focus on whole fruits.



Vegetables Cooked in a Healthful Way

such as carrots, broccoli, collards, green beans or vegetable salad.



Grain Products

such as whole wheat bread, brown rice or whole grain pasta.



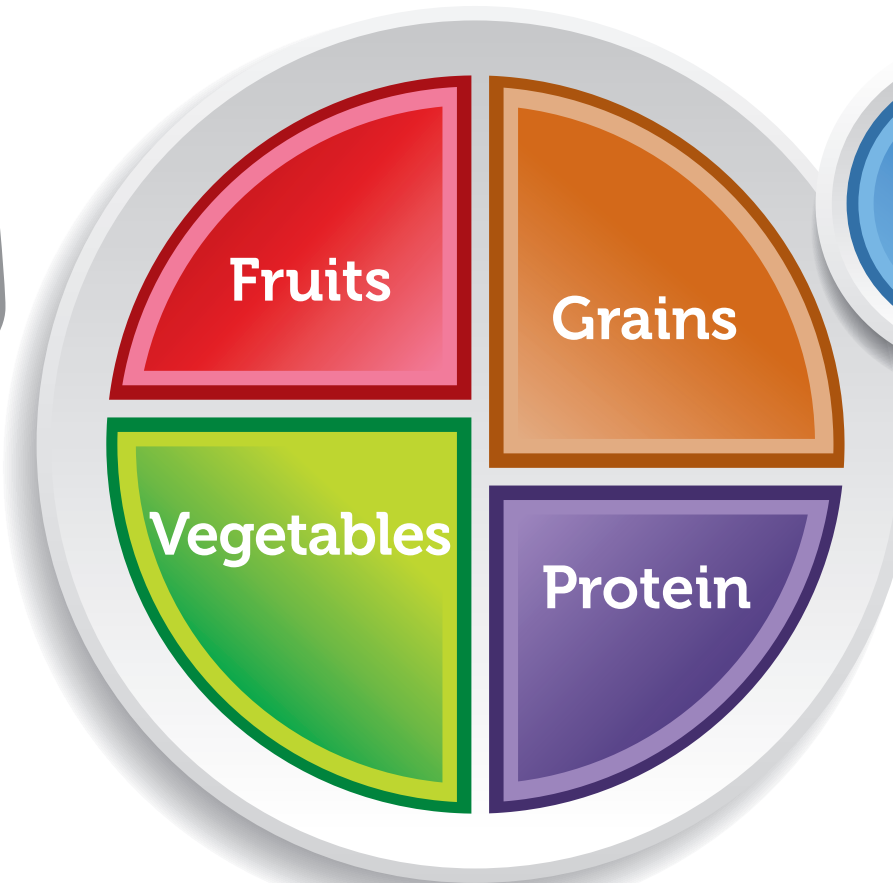
Protein: Meats and Alternatives

such as lean meat, fish, poultry, dried peas or beans.



Dairy Products

such as fat free or low fat milk, cheese or yogurt.



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Diseñe una Comida Saludable con Coloridos Alimentos



Frutas

como rebanadas de manzana, melón, naranjas, uvas, frambuesas, fresas, zarzamoras, arándanos, etc.



Vegetales Cocinados de Forma Saludable

como zanahorias, brócoli, coles, judías verdes o ensalada de vegetales.



Productos de granos integrales

como pan de trigo, arroz integral, o fideos integrales.



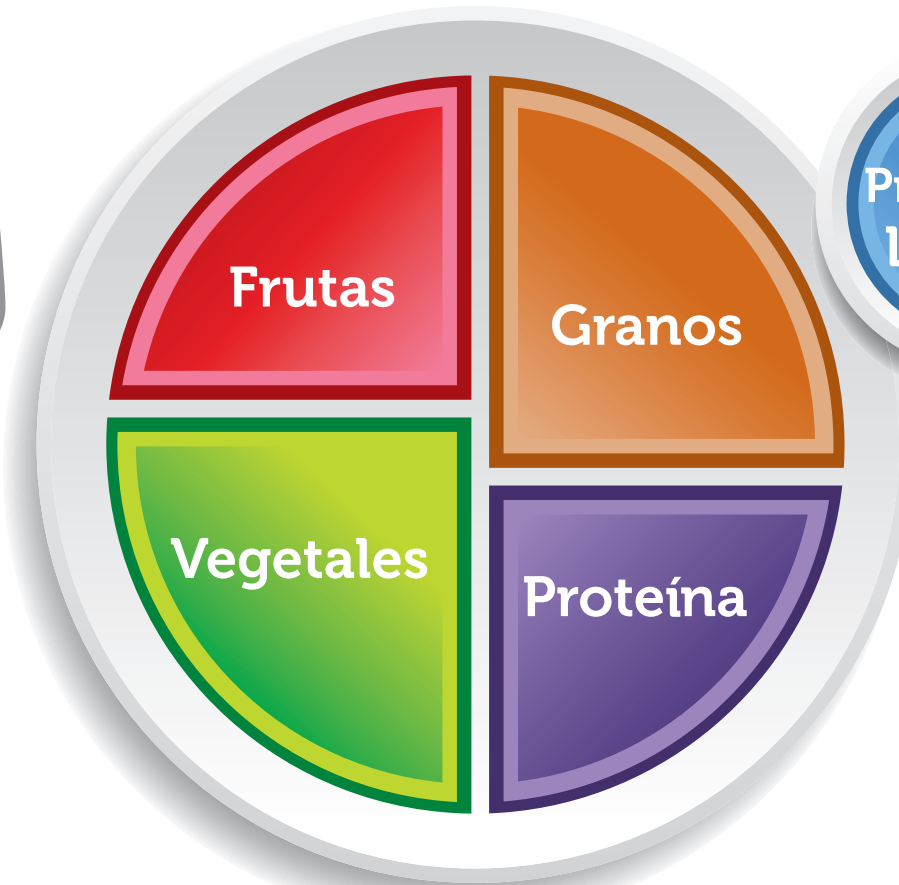
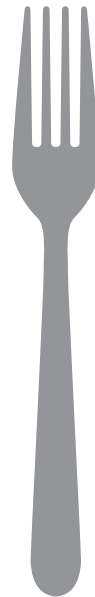
Proteínas: carnes y alternativas

como carne sin grasa, pescado, pollo o pavo, frijoles secos.



Productos lácteos

como leche, queso, y yogur descremados o bajos en grasa.



Productos Lácteos

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