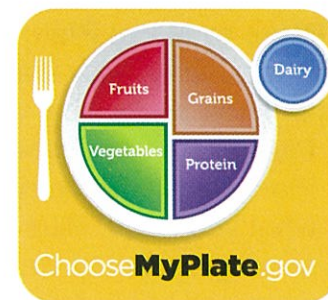


Go Shopping With MyPlate



Visit www.choosemyplate.gov for your plan!

Grains: Make half your grains whole. Try to find 100% whole grains:

- _____ barley
- _____ bread, whole wheat
- _____ cereal, whole grain
- _____ crackers, whole grain
- _____ flour, whole grain
- _____ oatmeal
- _____ pasta, whole wheat
- _____ pita, whole wheat
- _____ popcorn, low-fat
- _____ rice, brown
- _____ shredded wheat
- _____ wheat germ

Vegetables: Choose from fresh, frozen and canned. Get a variety:

Dark green:

- _____ herbs _____
- _____ kale, collards, greens
- _____ lettuce, dark green
- _____ spinach

Red and Orange:

- _____ carrots
- _____ tomatoes, red peppers
- _____ sweet potatoes
- _____ winter squash, pumpkin

Starchy:

- _____ corn
- _____ frozen peas or lima beans
- _____ potatoes

Dry beans and peas:

- _____ canned beans
- _____ dried beans
- _____ dried peas and lentils

Others:

- _____ broccoli
- _____ cabbage
- _____ cauliflower
- _____ celery
- _____ cucumbers
- _____ eggplant
- _____ garlic
- _____ mushrooms
- _____ onions
- _____ peppers
- _____ zucchini, summer squash

Fruits: Whole fruit is the best choice. Choose from fresh, frozen, canned, dried and 100% juice:

- _____ apples
- _____ bananas
- _____ blueberries
- _____ cantaloupe
- _____ grapefruit
- _____ grapes
- _____ honeydew
- _____ kiwi
- _____ lemons/limes
- _____ oranges
- _____ orange juice
- _____ peaches
- _____ pears
- _____ pineapple
- _____ plums
- _____ raisins or other dried fruit
- _____ raspberries
- _____ strawberries
- _____ watermelon
- _____ other: _____
- _____ other: _____

Protein: Choose lean and get a variety:

- _____ beans, dried or canned
- _____ beef, lean
- _____ black-eyed peas, frozen
- _____ chicken, breast meat
- _____ eggs or egg whites
- _____ fish
- _____ lentils
- _____ nuts
- _____ peanut butter
- _____ peas, dried
- _____ pork, lean
- _____ seafood
- _____ sesame seeds
- _____ sunflower seeds
- _____ tuna fish in water
- _____ turkey, breast
- _____ veggie burgers
- _____ other: _____
- _____ other: _____
- _____ other: _____
- _____ other: _____
- _____ other: _____

Dairy: Choose calcium-rich products that are skim or lowfat:

- _____ milk
- _____ yogurt
- _____ ricotta
- _____ plain yogurt
- _____ fortified soy milk
- _____ cheese
- _____ other: _____
- _____ other: _____

Miscellaneous:

Choose items that are low in saturated fat, trans fat, sodium and added sugar.

- _____ baking powder and soda
- _____ chicken broth, low-sodium
- _____ cocoa powder
- _____ herbs, dried _____
- _____ jam, light
- _____ ketchup, no added salt
- _____ non-nutritive sweetener
- _____ reduced-calorie syrup
- _____ soy sauce, light
- _____ spices _____
- _____ tea
- _____ vanilla extract
- _____ vinegar
- _____ light margarine, no *trans* fat
- _____ mayonnaise, low-fat
- _____ nuts
- _____ oil, vegetable
- _____ salad dressing, low-fat
- _____ spray oil
- _____ other: _____
- _____ other: _____
- _____ other: _____
- _____ other: _____
- _____ other: _____
- _____ other: _____