



# **Personalize Your Plate Without Cooking**

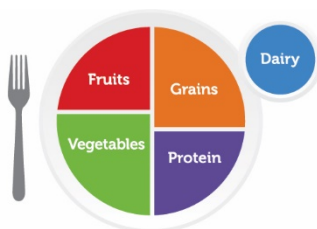
MCCS Health Promotion

# Personalize Your Plate Without Cooking

Living in the barracks can be challenging. Luckily, you can still personalize your plate with nutritious foods even without cooking! Make sure to find nutritious choices that you enjoy and always be mindful of portion sizes. All of these foods were found on MCB Butler. Personalize your plate in five simple steps.

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For more information visit [MyPlate.gov](http://MyPlate.gov) or download their Start Simple with MyPlate App.



## Start simple with MyPlate

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## Step 1:



**Focus on adding fruit to your meal. Fresh fruit can taste great, but may come with a higher price tag. Frozen and canned options that don't have added sugars can be an excellent choice.**

MyPlate Fruit General Daily Recommendations		
Women	19-30 yrs	1½ to 2 cups
	31-59 yrs	1½ to 2 cups
	60+ yrs	1½ to 2 cups
Men	19-30 yrs	2 to 2½ cups
	31-59 yrs	2 to 2½ cups
	60+ yrs	2 cups





## Step 2:



**Include a wide variety of vegetables. Just like fruit, fresh vegetables may cost more and go bad quickly. Don't hesitate to incorporate canned or frozen veggies that are lower in sodium and added sugar.**

MyPlate Vegetable General Daily Recommendations		
Women	19-30 yrs	2½ to 3 cups
	31-59 yrs	2 to 3 cups
	60+ yrs	2 to 3 cups
Men	19-30 yrs	3 to 4 cups
	31-59 yrs	3 to 4 cups
	60+ yrs	2½ to 3½ cups





### Step 3:



**MyPlate recommends making half your grains whole grains. Look for items that are high in fiber and low in added sugar.**

MyPlate Grains General Daily Recommendations			
		Total Grains in ounce- equivalents	Whole Grains in ounce-equivalents
Women	19-30 yrs	6 to 8 oz-equiv	3 to 4 oz-equiv
	31-59 yrs	5 to 7 oz-equiv	3 to 3½ oz-equiv
	60+ yrs	5 to 7 oz-equiv	3 to 3½ oz-equiv
Men	19-30 yrs	8 to 10 oz-equiv	4 to 5 oz-equiv
	31-59 yrs	7 to 10 oz-equiv	3½ to 5 oz-equiv
	60+ yrs	6 to 9 oz-equiv	3 to 4½ oz-equiv

1 ounce-equivalent      =      1 slice of bread,  
1 cup of ready-to-eat cereal  
½ cup of cooked rice, cooked pasta, or cooked cereal







## Step 4:



**Go lean with protein. Watch out for products high in saturated fats, and switch up your protein sources throughout the week.**

MyPlate Protein General Daily Recommendations		
Women	19-30 yrs	5 to 6½ oz-equiv
	31-59 yrs	5 to 6 oz-equiv
	60+ yrs	5 to 6 oz-equiv
Men	19-30 yrs	6½ to 7 oz-equiv
	31-59 yrs	6 to 7 oz-equiv
	60+ yrs	5½ to 6½ oz-equiv

1 ounce-equivalent = 1 ounce of meat, poultry or fish  
 ¼ cup cooked beans  
 1 egg  
 1 tablespoon of peanut butter  
 ½ ounce of nuts or seeds





## Step 5:



**If you eat dairy, go for low-fat or fat-free options.  
For lactose-intolerant individuals consider  
lactose-free or fortified soy options.**

MyPlate Dairy General Daily Recommendations		
Women	19-30 yrs	3 cups
	31-59 yrs	3 cups
	60+ yrs	3 cups
Men	19-30 yrs	3 cups
	31-59 yrs	3 cups
	60+ yrs	3 cups

