

Practice!

FOOD FRACTIONS!

A good way to think about a healthy meal is to divide the plate into sections and fill each section with different food groups. Food fractions!

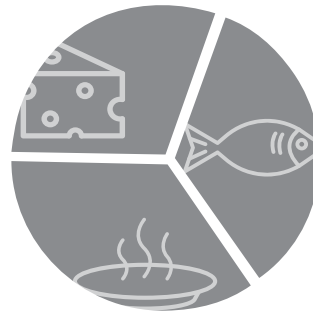


Create a meal that is...

$\frac{1}{2}$ Fruits + Veggies

$\frac{1}{4}$ Carbohydrates

$\frac{1}{4}$ Protein



Now let's try...

$\frac{1}{3}$ Fruits + Veggies

$\frac{1}{3}$ Carbohydrates + Dairy

$\frac{1}{3}$ Protein

FOOD GROUPS



Fruits

Can choose fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed i.e. apples, oranges, grapes, bananas. Drain liquids from canned fruits.



Vegetables

Can choose raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed i.e. lettuce, tomato, carrots, broccoli. Drain liquids and rinse canned vegetables.



Proteins

All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds.



Grains

Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples. Choose more whole grains than white grains.



Dairy

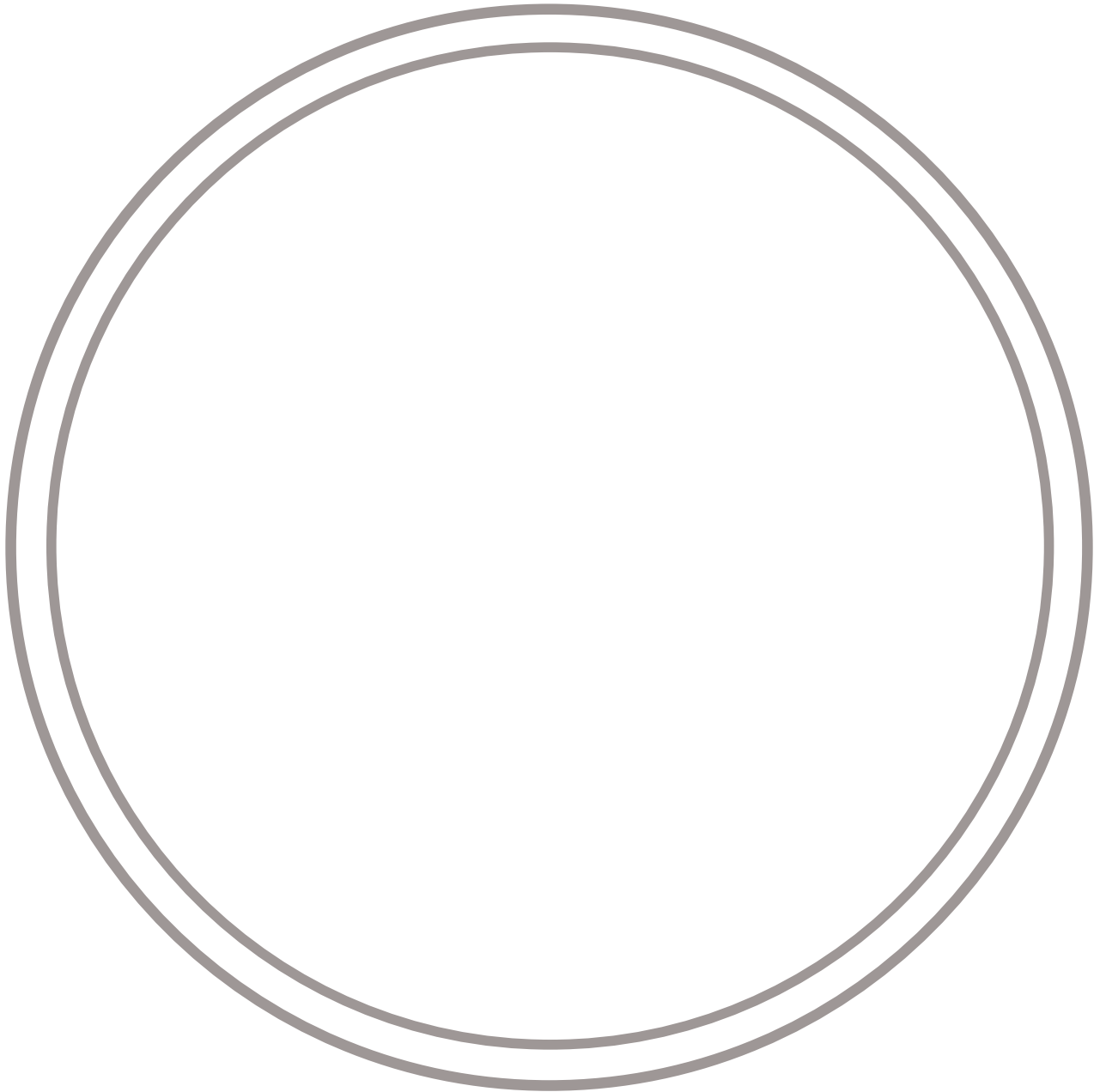
All fluid milk products and many foods made from milk that retain their calcium content. Yogurt and cheese are examples.

Don't forget to include portion sizes! You can find recommended portion size.

Visit choosemyplate.gov for more info!

PRINT OFF THIS PLATE

Practice your food fractions. Or draw your own on any piece of paper.



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