A Health-Full Plate

“The plate shows the types and proportions of food choices to make.”

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A Health-Full Plate

“Let MyPyramid guide your food choices”

For people who need 1,600-3,000 calories per day

1 1/2 - 2 1/2 cups Fruits

2-4 cups Vegetables

5-10 ounce equivalents Lean Meat and Beans

5-10 ounce equivalents Grains

5-10 teaspoons Oils

Extra Calories

“Make at least half your grains whole”

3 cups Milk

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