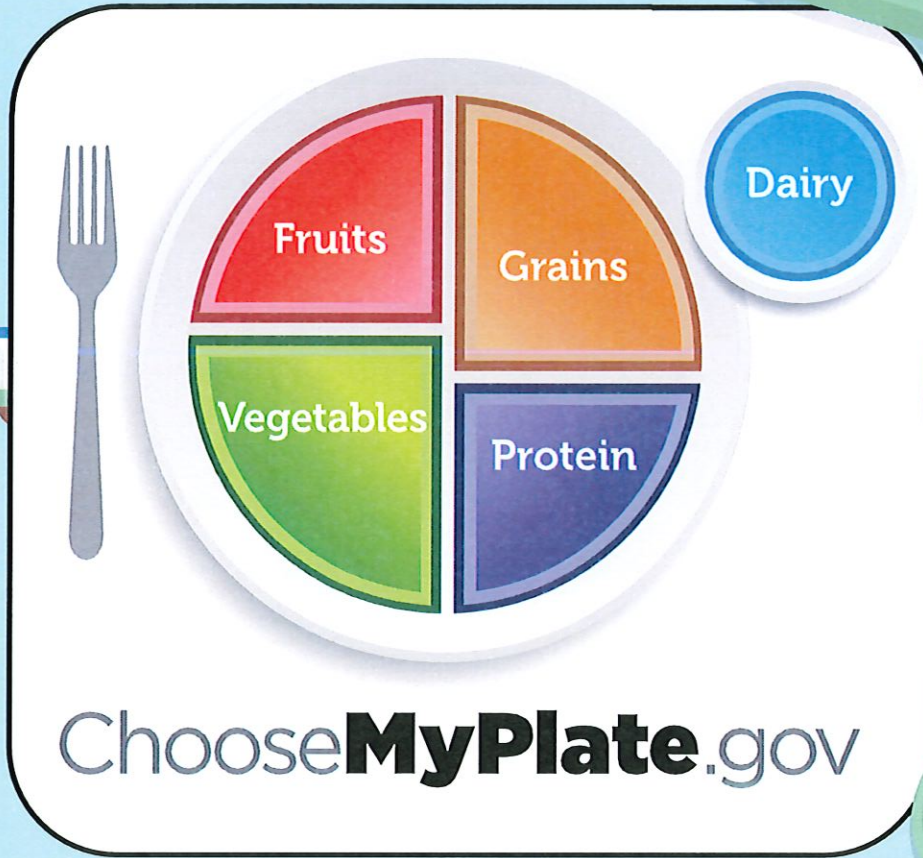
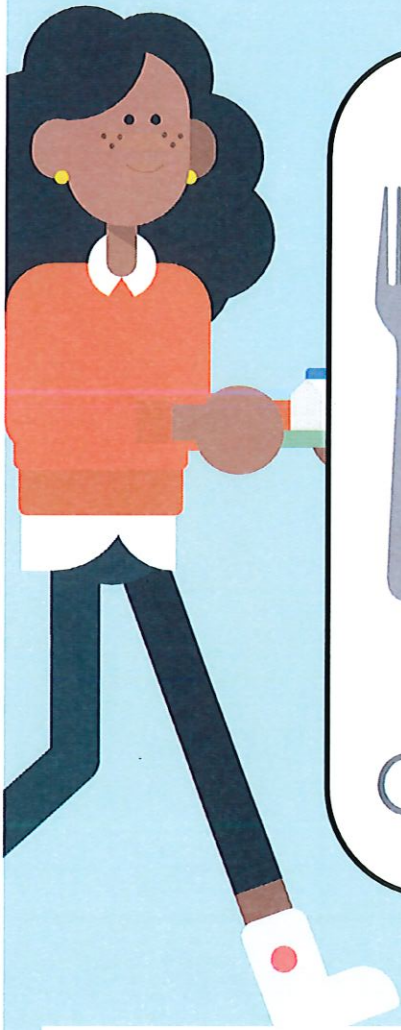


MyPlate Handout



Fruits

- Banana
- Berries
- Applesauce
- Orange
- 100% Fruit Juice
- Raisins
- Melon
- Peach
- Tangelo
- Nectarine
- Grapes

Grains

- Oatmeal
- Cereal*
- Muffin*
- English Muffin
- Toaster Pastry*
- Bagel
- Tortilla
- Pancake*
- Waffle*
- Toast
- Pizza Crust*

Vegetables

- Potatoes
- Spinach
- Salsa
- Peppers
- Tomatoes/ Tomato Sauce
- Zucchini
- Onion
- Avocado

Protein

- Egg
- Nut and Seed Butter
- Beans
- Turkey Sausage*
- Ham
- Canadian Bacon*
- Steak*

Dairy

- Low-fat, Fat-free Milk
- Low-fat Yogurt
- Calcium-fortified Soy milk
- Low-fat Cheese
- Low-fat Cottage Cheese

* Consider how these common breakfast foods are prepared. These foods can be high in added sugars, saturated fat, and/or sodium depending on how they are cooked and what ingredients are used. Extras like cream cheese, bacon, jelly, syrup, and fruit-flavored drinks can also contribute to the added sugars, saturated fat, and/or sodium content in some popular breakfast foods.