

MyPlate Your Lunch

The United States Department of Agriculture introduced MyPlate in 2011 to illustrate the five food groups that are the building blocks for a healthy diet using a familiar image- a place setting for a meal. Even though bagged lunches may not be eaten on a traditional place setting, it's still important to incorporate all five food groups. Here's how to MyPlate your lunch:

Fruits

1½ cups of fruit are recommended daily for girls and boys*

Examples to choose from:

- Apple Sauce** (4 ounce container = 1 cup fruit)
- Raisins** (about ¼ cup of raisins = ½ cup fruit)
- Grapes** (about 17 grapes = ½ cup fruit)
- Grapefruit** (½ medium grapefruit about 4" in diameter = ½ cup fruit)
- Orange** (1 small orange = ½ cup fruit)
- Peach** (½ large peach = ½ cup fruit)
- Banana** (1 large banana about 8" in length = 1 cup fruit)

* Fruits can be packed individually or can be an ingredient in other lunch items like whole grain rice with raisins and cranberries!

* Make half your plate fruits and vegetables!

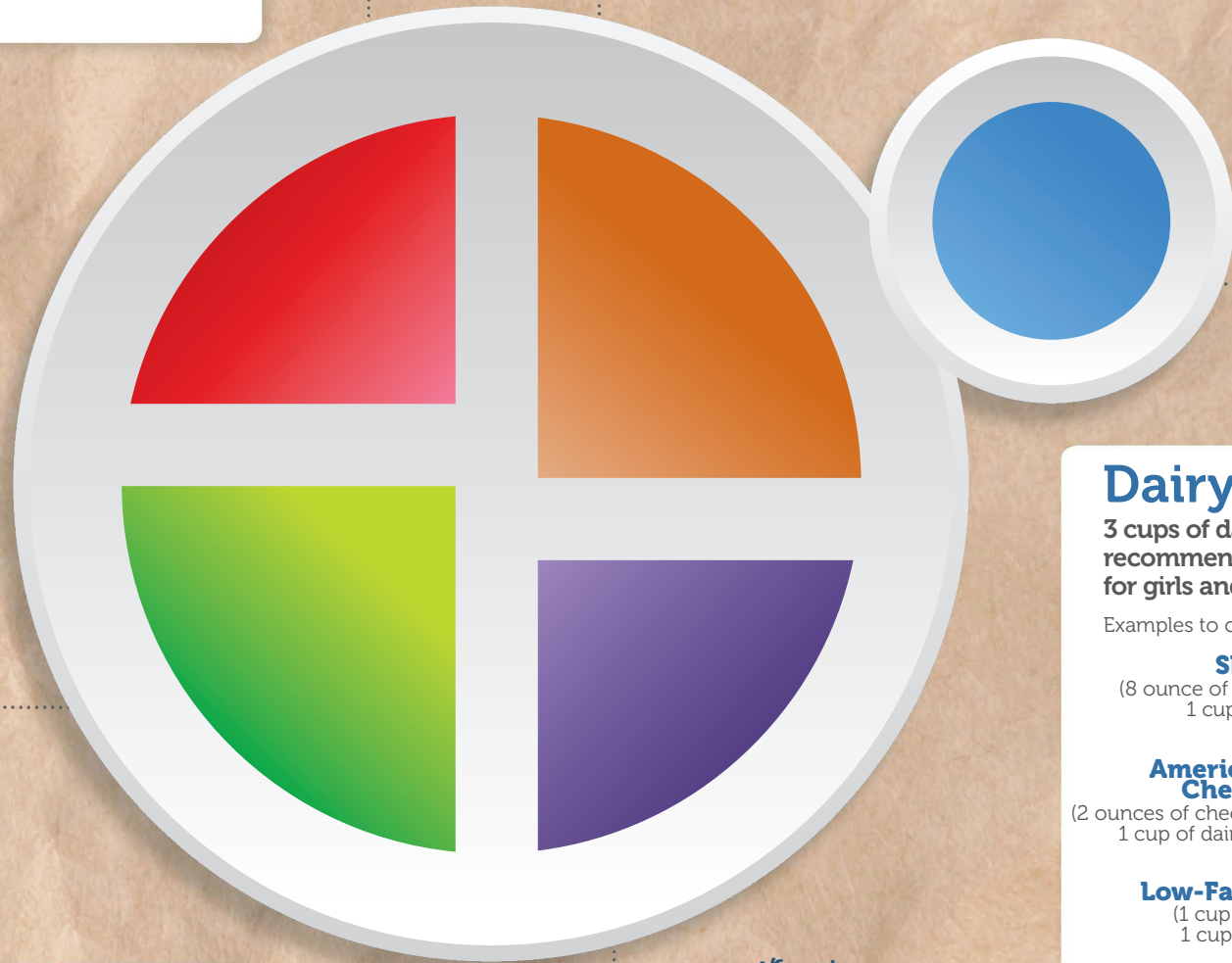
Grains

5 and 6 ounces of grains are recommended daily for girls and boys, respectively*

Examples to choose from:

- Wrap** (1 wrap about 6" in diameter = 1 ounce of grains)
- Brown Rice** (½ cup cooked = 1 ounce of grains)
- SunChips® Multigrain Snacks** (about 16 chips = 1 ounce grains)
- Pasta** (½ cup cooked = 1 ounce of grains)
- 100% Whole Wheat Bread** (1 slice = 1 ounce of grains)
- Oatmeal** (½ cup cooked = 1 ounce of grains)

* At least half of all the grains should be whole grains! On the ingredient panel - look for the word "whole" (such as "whole wheat flour" or "whole oats").



Dairy

3 cups of dairy are recommended daily for girls and boys*

Examples to choose from:

- Skim Milk** (8 ounce of skim milk = 1 cup of dairy)**
- American Cheese** (2 ounces of cheese = 1 cup of dairy)**
- Low-Fat Yogurt** (1 cup of yogurt = 1 cup of dairy)**
- Pudding** (½ cup of pudding = ½ cup of dairy)**

* Choose fat-free or low-fat milk, yogurt and cheese

* When selecting protein, choose lean or low-fat meat and poultry.

Vegetables

2 cups and 2 ½ cups of vegetables are recommended daily for girls and boys, respectively*

Examples to choose from:

- Carrots** (about 20 baby carrots = 1 cup vegetables)
- Lettuce** (about 8 large leaves = 1 cup vegetables)
- Cucumbers** (about 8 cucumber slices = 1 cup vegetables)
- Potato** (1 medium baked potato = 1 cup vegetables)
- Cooked green beans** (½ cup = ½ cup vegetables)
- Tomato** (1 large tomato about 3" in diameter = ½ cup vegetables)

* Mix and match vegetables in a salad or as sandwich toppers to help get the recommended daily amount!

Protein

5 ounces of protein are recommended daily for girls and boys*

Examples to choose from:

- Chicken** (3 ounces or the size of the deck of cards = 3 ounces of protein)**
- Almonds** (about 25, unsalted almonds = 1 ounce of protein)
- Turkey** (1 slice of turkey = 1 ounce of protein)**
- Peanut Butter/Almond Butter** (1 tablespoon of peanut butter or almond butter = 1 ounce of protein)
- Hard Boiled Egg** (1 egg = 1 ounce of protein)**
- Tuna Fish** (2 ounces of Tuna = 2 ounces of protein)**
- Hummus** (2 tablespoons hummus = 1 ounce of protein)
- Beans** (¼ cup of cooked black, kidney, pinto, or white beans = 1 ounce of protein)















* According to the USDA, these amounts are appropriate for individuals aged 9-13 who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities. Those who are more physically active may be able to consume more while staying within calorie needs.

** Requires refrigeration

Packing lunch into a brown bag, a lunchbox or an insulated container? Here's how to create a nutritious, balanced lunch.

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Mix and Match to create a balanced lunch!

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