

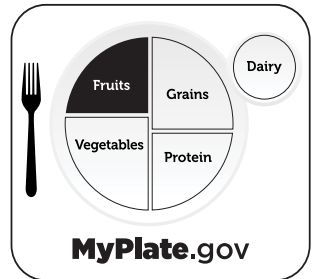


Food and Nutrition Service
United States Department of Agriculture

What's MyPlate All About?

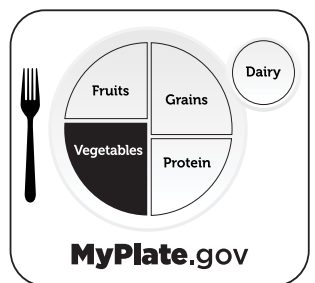
Fruits

Focus on whole fruits



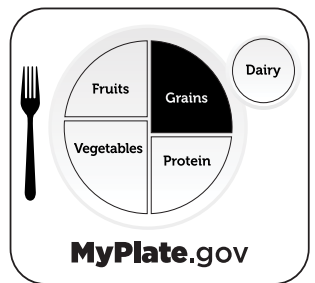
Vegetables

Vary your veggies



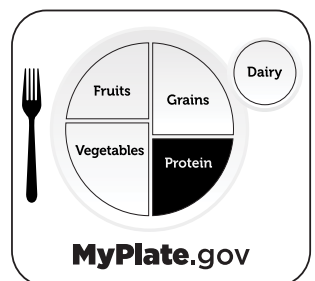
Grains

Make half your grains whole grains



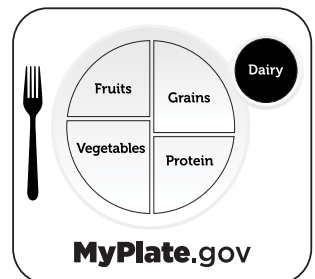
Protein Foods

Vary your protein routine



Dairy

Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions)



Dietary
Guidelines
for Americans

Learn more at
[MyPlate.gov](https://www.MyPlate.gov)

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