

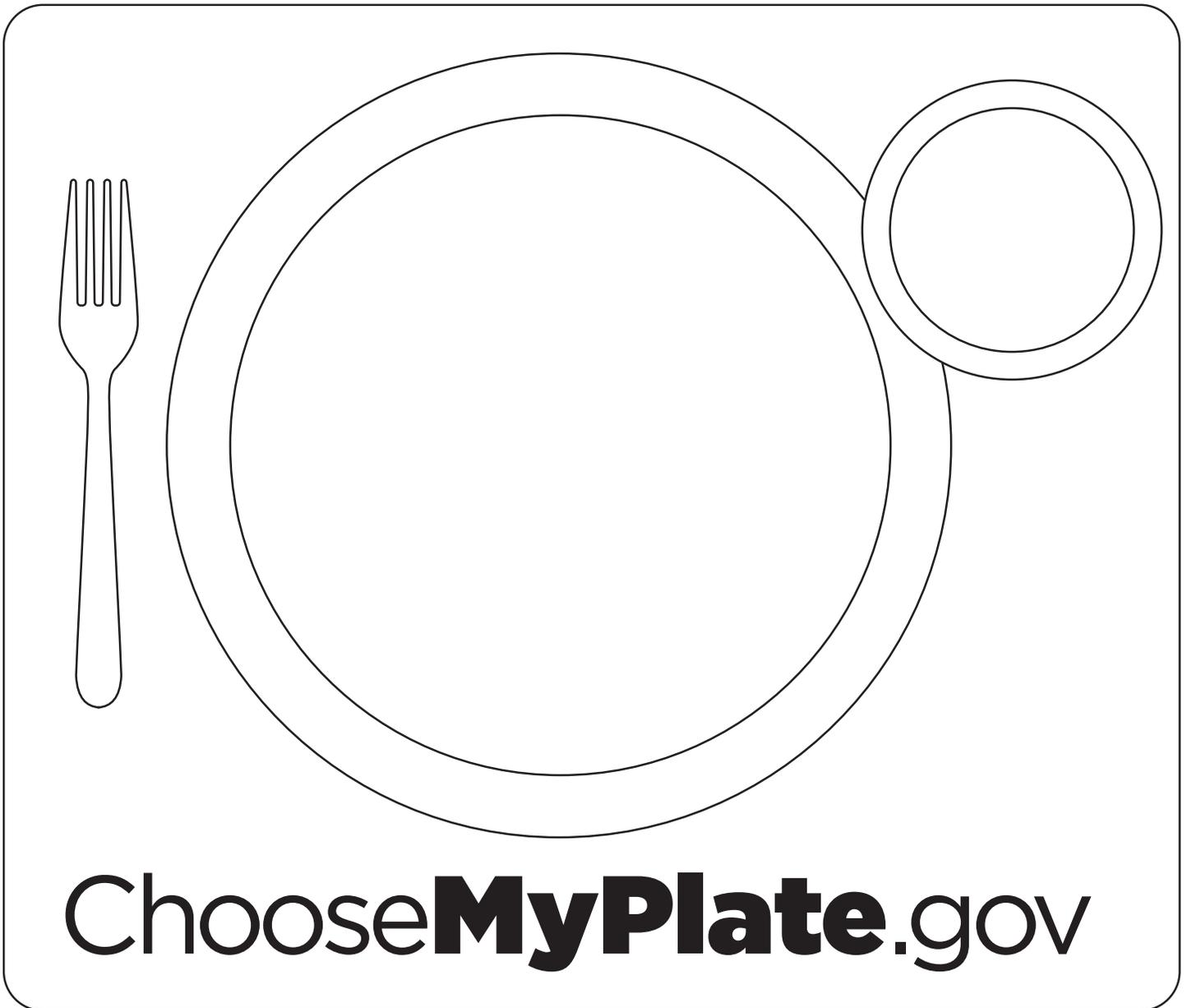
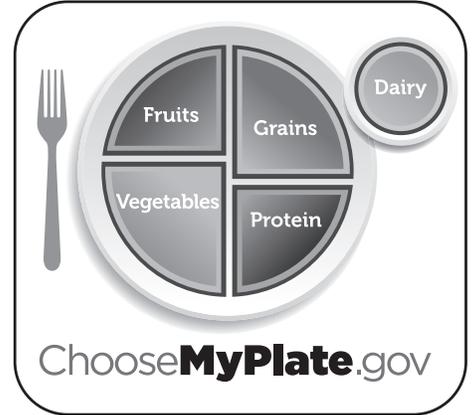
Rate Your Plate

Is *Your* plate in shape? How does it compare to MyPlate? Your daily food choices have a major impact on your body – how you look, feel and perform. Are you making wise decisions to fuel your exercise and promote overall health?

Take a picture of your meal using your phone or camera and paste the picture below.

– OR –

Use the blank MyPlate image below to depict a typical meal of yours. Draw or write what you ate at breakfast, lunch or dinner and include lines to indicate the proportion each food group represents on your plate.



So how'd you do?

Yes No

- Did you include one serving of dairy (milk, cheese, or yogurt)?
- . . . was it low-fat or fat-free?
- Was ½ of your meal fruits and vegetables?
- . . . were any vegetables dark green, red, or orange?
- Did you include a protein food (chicken, lean beef, seafood, eggs, beans, peanut butter, etc.)?
- Was ¼ of your meal a grain food?
- . . . was it a whole grain?
- Were most of the Five Food Groups included in your meal?

If you answered “yes” to all these questions, you’re likely making smart choices to fuel your active lifestyle.

Plate, bowl, or glass – whatever your dish looks like – most of the food groups should be included at every meal. MyPlate serves as a reminder of how your meals should look in order to be the best you can be.

Compare *Your* plate and MyPlate. What two changes can you make to create a “gold star” plate?

Write some goals you can live with...

Example: To meet daily recommendations from the Milk Food Group, I will pour a glass of milk with my meals.

Goal 1:

Goal 2:

