

MYPLATE

FOODS AND YOUR HEALTH



GRAINS

Any food made from wheat, rice, oats, cornmeal, barley, or other cereal grain is a grain product. Grains are divided into 2 sub groups: *Whole Grains* and *Refined Grains*.

Why nutrients do grains have?

Grains include complex carbohydrates, dietary fiber, several B vitamins, and magnesium.

What does your body do with these nutrients?

B vitamins help the body release energy from protein, fat, and carbohydrates. Magnesium is used in building bones and releasing energy from muscles. Dietary fiber helps your digestive system.

PROTEIN

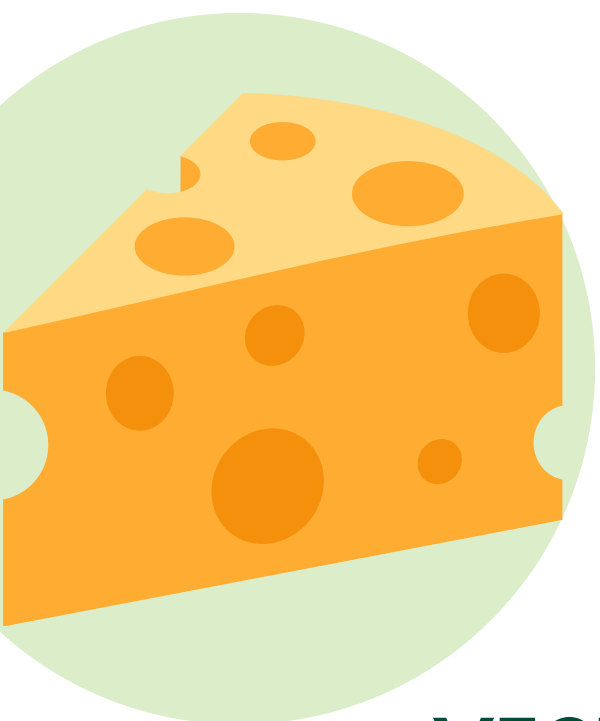
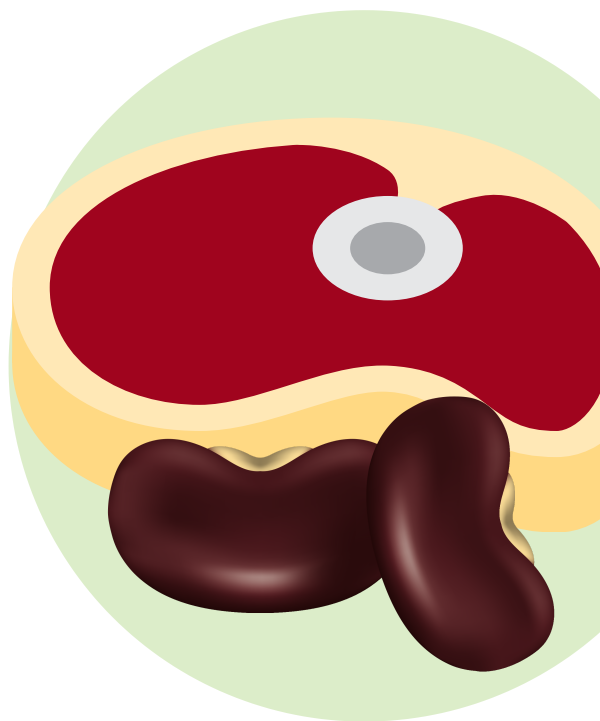
All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds.

What nutrients do you get?

Protein, B vitamins, vitamin E, iron zinc and magnesium.

Why are these nutrients important for your health?

Proteins function as building blocks for bones, muscles, cartilage, skin and blood. Zinc supports your immune system. Iron is used to carry oxygen in the blood. And vitamin B helps build tissues and aid in forming red blood cells.



DAIRY

All fluids milk products and many foods made from milk that retain their calcium content, such as yogurt and cheese.

What does your body use calcium for?

Calcium is used for building bones and teeth and maintaining bone mass.

Did you know you can also get calcium from non-milk products?

Some leafy greens, soy products and calcium fortified juices have this important mineral!

VEGETABLES

Any vegetable like broccoli, kale, red pepper, beans, peas or 100% vegetable juice is part of this group.

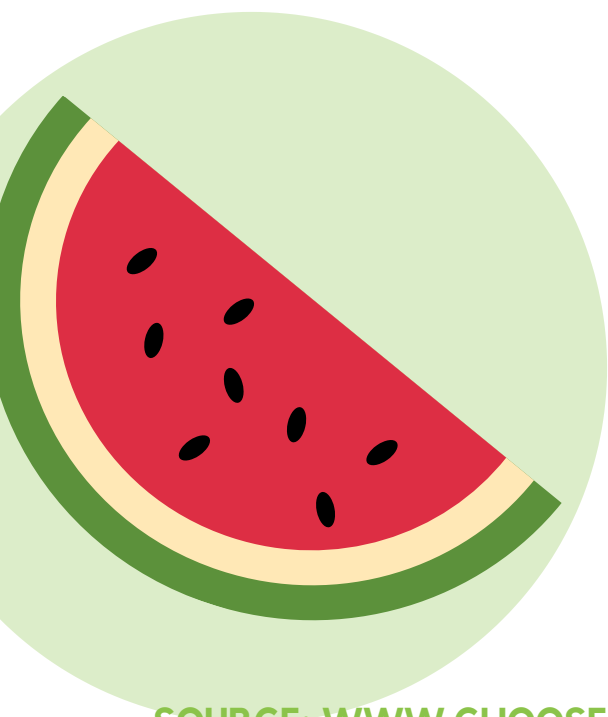
What nutrients do you get from vegetables?

You get many, including potassium, dietary fiber, vitamin A and vitamin C.

What do these nutrients for your health?

Diets rich in potassium help maintain blood pressure.

Fiber is good for digestive health. Vitamin A keeps eyes and skin healthy and protects against infection.



FRUITS

Fruits include apples, oranges, tomatoes, bananas and melons. There are many more!

What nutrients do fruits contain?

potassium, dietary fiber, vitamin C and folate or folic acid.

Why are these nutrients good for your health?

Diets rich in potassium help maintain healthy blood pressure. Vitamin C is important for growth and repair of body tissues. It also aids in iron absorption. Folate helps the body form red blood cells.