

# 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

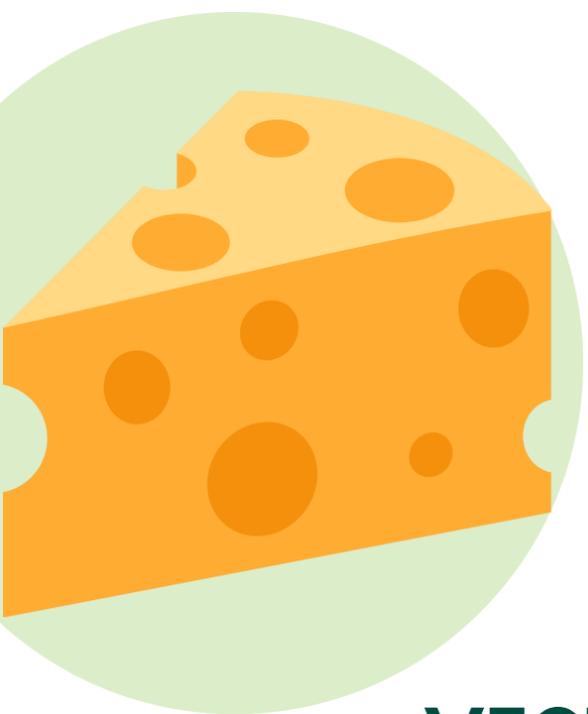
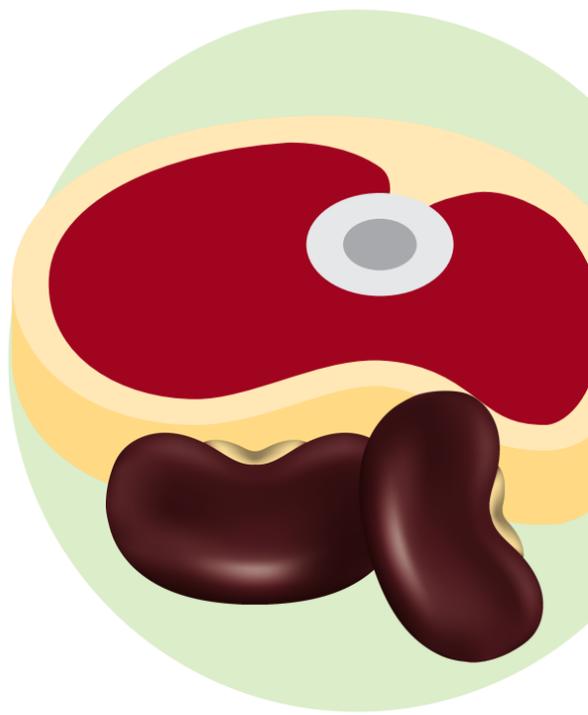
All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds.

**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.

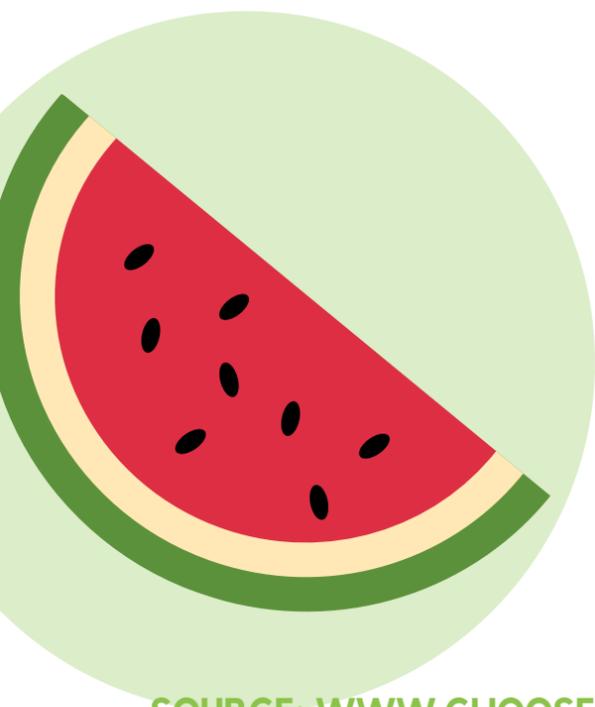
**What nutrients do you get from vegetables?**

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.