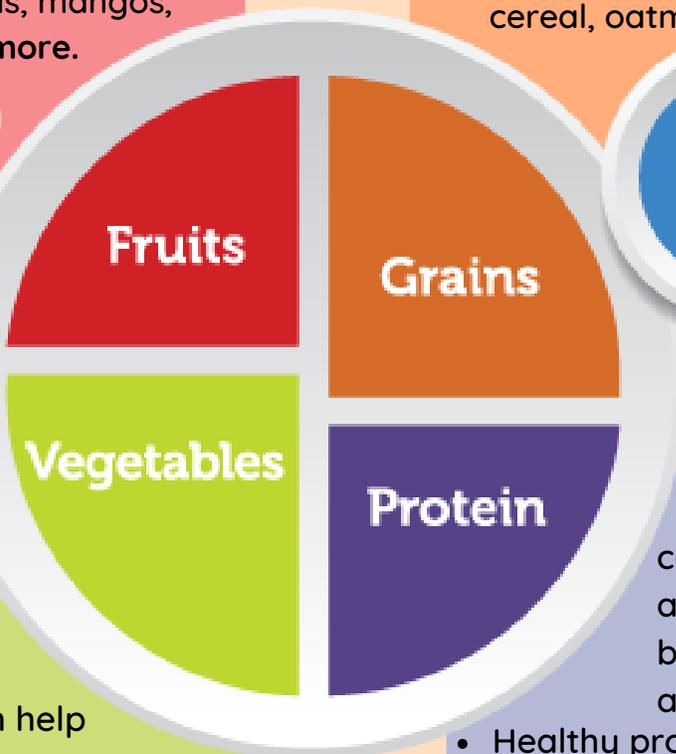


What is Myplate?



- Did you know fresh fruit is high in Vitamin C, fiber, and potassium?
- Frequently eating fresh fruit can help prevent heart disease, blood pressure, and cholesterol.
- Some fresh fruits to consume are apples, bananas, kiwis, mangos, oranges, and many more.

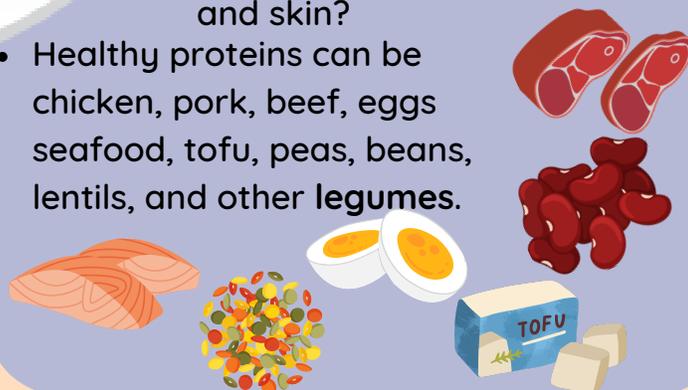


Dairy



- Did you know protein contains B vitamins and amino acids essential for hormones, building strong muscles, bones, and skin?

- Healthy proteins can be chicken, pork, beef, eggs, seafood, tofu, peas, beans, lentils, and other legumes.



- Here is a fun fact: vegetables are high in potassium, folate, vitamin A, and vitamin C.
- Eating vegetables can help reduce high blood pressure, heart disease, and cholesterol.
- Vitamin A is good for skin and eye health.
- Vitamin C helps the body prevent and fight against diseases.
- Delicious vegetables are broccoli, spinach, kale, lettuce, and legumes.



- Many do not know that dairy is a great source of calcium, vitamin A, vitamin D, vitamin B12, and proteins.
- Frequent consumption of dairy products can help build strong bones and teeth.
- Incorporate dairy items such as milk, cheese, yogurt, butter, and cream in yummy foods



For more information, please visit:

<https://www.myplate.gov/>

<https://www.myplate.gov/tip-sheet/start-simple-myplate>

