



Food and Nutrition Service  
United States Department of Agriculture

# What's MyPlate All About?



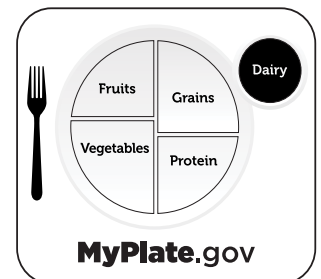
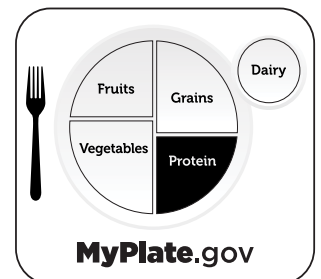
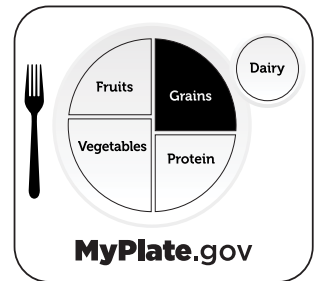
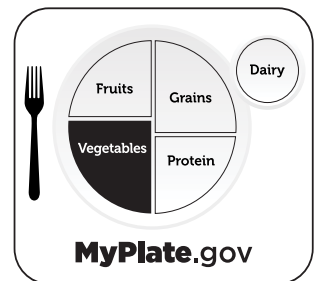
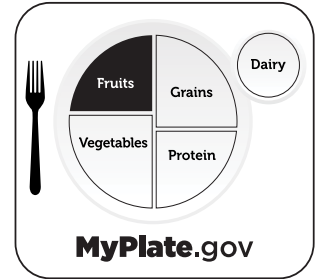
**Fruits**  
Focus on whole fruits

**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)



**DGA** Dietary Guidelines for Americans

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

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