

# Hunger Task Force MyPlate FAQs

## • What is the Hunger Task Force MyPlate?

It's a healthy eating model that showcases the five main food groups as presented on a plate. MyPlate encourages people to eat healthy foods by choosing the right types and amounts of foods to eat.

## • Why is MyPlate so important?

Eating MyPlate foods helps you stay healthy and combat public health problems like obesity, diabetes, kidney disease and heart disease.

## • How do I use MyPlate to help make healthy choices?

Focus on eating healthy foods and serving those foods to your family. **Your goal: copy MyPlate onto your plate for every meal.**

# PROTEIN

Choose a mix of animal- and plant-based proteins

Animal-based proteins (fish, eggs) and plant-based proteins (peanut butter, beans) are important for muscle growth, integrity and repair.



- Lean, low sodium
- High protein
- High fiber

# GRAINS

Make half your grains whole grains

Grains are the body's primary source of energy. Whole grain foods are key to a healthy digestive system and reducing risk of heart disease.



- Whole grain
- Whole wheat
- Multigrain

# DAIRY

Choose low-fat and fat-free dairy foods

Low-fat dairy foods like cheese and yogurt are loaded with protein, vitamin D and calcium to help maintain bone health. Stay healthy by consuming three servings of dairy per day.

- Fat-free, skim
- 1% low-fat
- No sugar added



# HEALTHY SNACKS

Healthy snacks for on-the-go

Choose healthy snacks that are filling and made without highly-processed ingredients.

- Graham crackers
- Nuts & seeds
- Granola
- Dried fruits



# CONDIMENTS

Healthy and salt-free flavors

Add flavor and spice to healthy foods to make them even more delicious. Check the label for ingredients on spice and seasoning jars to make sure they're salt-free.



- Salsa
- Mustard
- Oils
- Mrs. DASH



# FRUITS

Fruits are an important source of essential vitamins, minerals and fiber and come in many forms. Reduce your risk of chronic diseases by eating them at each meal.

- 100% fruit juice
- No sugar added
- Fresh or frozen
- Dried or pureed



Make half your plate  
fruits & vegetables

# VEGETABLES

Vegetables are naturally low in fat, rich in vitamins and high in fiber. Eat a variety of colors to get all nutrients your body needs, and to regulate cholesterol, blood sugar and satiety levels.



- Low sodium
- Reduced sodium
- No salt added

Sodium is salt that is hidden in a lot of our canned vegetables

## Tips For Using MyPlate

1. Choose healthy foods that are low in fat, sodium and added sugar.
2. All five food groups are equally important even though some portions are bigger than others.
3. Vegetables and grains should take up more space on your plate because we need more of these foods to feel full and energized.
4. Half your plate should be filled with fruits and vegetables.
5. Dairy does not always have to be on the side.

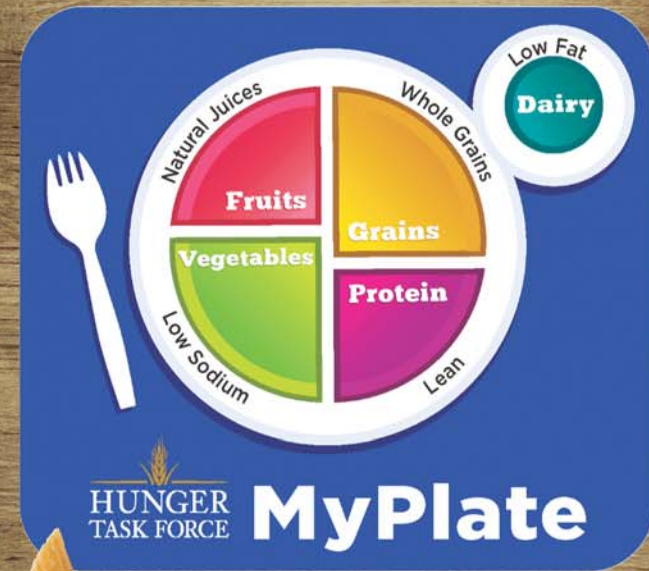
## Questions? Contact Us!

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# Introducing: Hunger Task Force MyPlate



Your goal:  
make MyPlate  
your plate for  
breakfast, lunch  
and dinner.