



The Hunger Task Force MyPlate is an easy-to-follow guide that teaches everyone how to create a balanced meal that includes all five food groups: **Fruits, Vegetables, Grains, Protein and Dairy.**

Your goal is to copy MyPlate onto your plate for breakfast, lunch and dinner.

Here are five tips on how to use MyPlate at each meal:

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 on MyPlate.
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.

