



MyPlate for Lunch

Note to instructor: Use this sheet to help identify foods in each food group.

apples,
apricots,
bananas, berries,
canned fruits packed
in juice, cantaloupe,
cherries, fruit cocktail,
grapefruit, grapes, honeydew,
kiwi, lemons, limes, mangoes,
melons, nectarines, oranges,
papaya, peaches, pears, pineapple,
plums, prunes, raisins, raspberries,
strawberries, tangerines,
watermelon, 100% fruit juice

anything
whole
grain, biscuits,
breads, bulgur
(cracked wheat), cereals,
cornmeal, crackers, flour,
French toast, granola, oatmeal,
pancakes, pasta, popcorn, rice,
tortillas, waffles

cheese, milk, some milk-based desserts (pudding, ice cream), soy milk, yogurt

DAIRY

VEGETABLES

artichokes, asparagus, avocado, beans, beets, bell peppers, bok choy, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, corn, cucumbers, green beans, greens, eggplant, kale, lettuce, mushrooms, okra, onions, parsnips, peas, plantains, potatoes, pumpkin, sprouts, squash, sweet potatoes, tomatoes, turnips, water chestnuts, wax beans, zucchini

GRAINS

PROTEIN

beans, beef, eggs, fish, lamb, lentils, nuts, peas, pork, poultry, shellfish, seeds, tofu