MyPlate for Lunch

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

FRUITS
- 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

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

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

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