**MYPLATE STUDY GUIDE**

**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Period:\_\_\_\_\_\_\_\_**

**All Food Groups Are Needed**

1. Each food group \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of the nutrients you need.
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or food group can provide \_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. Eating a \_\_\_\_\_\_\_\_\_\_\_\_\_\_ ensures you get \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**People have different caloric needs depending on**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Characteristics of Healthy Eating Patterns**

1. Reading and understanding \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Functions and caloric value of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Fruits Group**

1. Tip: Make \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ fruits and vegetables.
2. Use fruits as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or desserts.
3. Choose \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ fruits more often than \_\_\_\_\_\_\_\_\_\_\_\_.

**Vegetables Group**

1. Tip: Make \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ fruits and vegetables.
2. Choose \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ fruits and vegetables.
3. Eat more \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ vegetables.
4. Tomatoes, sweet potatoes and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in main and side dishes.

**Grains Group**

1. Tip: Make at least \_\_\_\_\_\_\_\_\_ of your grains \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. Choose \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ cereals, breads, crackers, rice and pasta.
3. Check the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ on food packages to find whole grain foods.

**Proteins Group**

1. Tip: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ your protein \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. Choose a variety of foods including \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and peas, \_\_\_\_\_\_\_\_\_\_\_\_\_, lean meats, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. Keep meat and poultry portions \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
4. Try \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. These methods do not add extra \_\_\_\_\_\_\_\_\_\_\_\_.

**Dairy Group**

1. Tip: Switch to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ milk.
2. Get your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ foods.
3. Low-fat or fat-free dairy products have the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and other essential nutrients \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and calories.