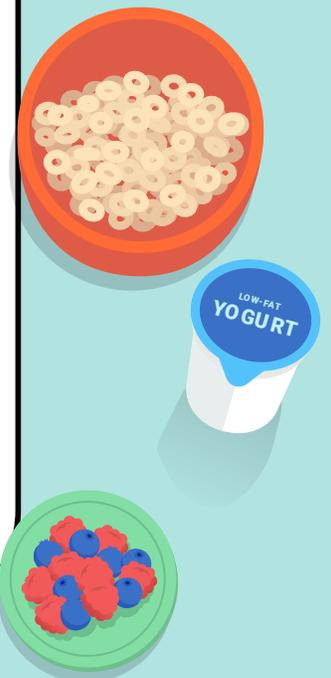
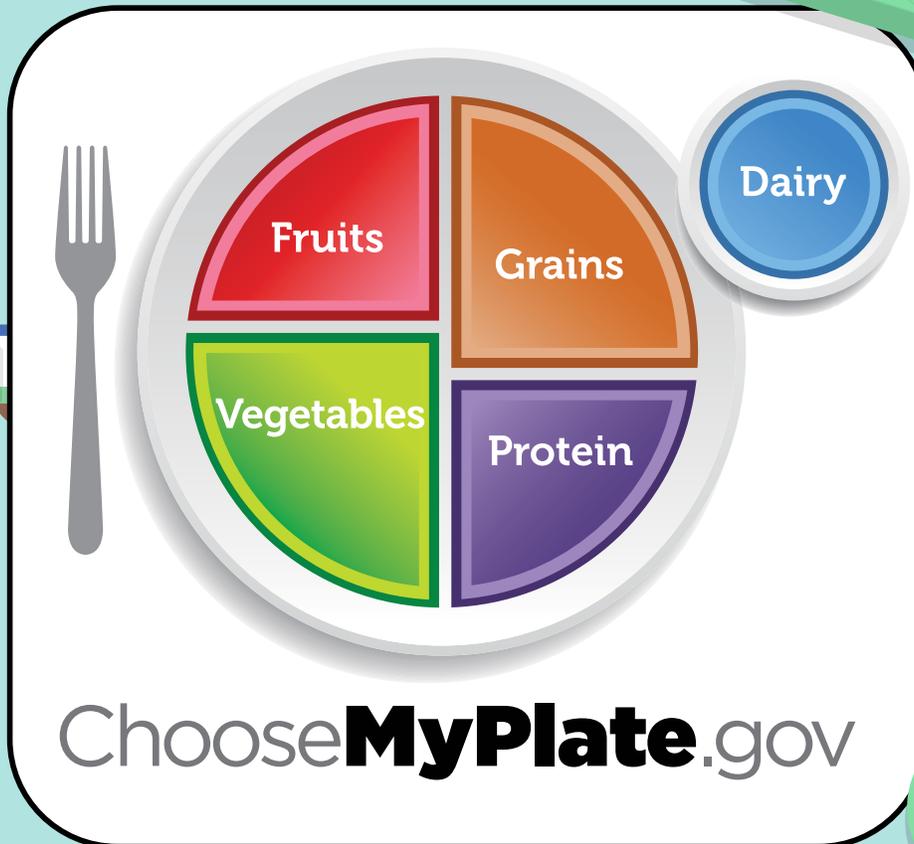


# MyPlate Handout



## Fruits

- Banana
- Berries
- Applesauce
- Orange
- 100% Fruit Juice
- Raisins
- Melon
- Peach
- Tangelo
- Nectarine
- Grapes

## Grains

- Oatmeal
- Cereal\*
- Muffin\*
- English Muffin
- Toaster Pastry\*
- Bagel
- Tortilla
- Pancake\*
- Waffle\*
- Toast
- Pizza Crust\*

## Vegetables

- Potatoes
- Spinach
- Salsa
- Peppers
- Tomatoes/ Tomato Sauce
- Zucchini
- Onion
- Avocado

## Protein

- Egg
- Nut and Seed Butter
- Beans
- Turkey Sausage\*
- Ham
- Canadian Bacon\*
- Steak\*

## Dairy

- Low-fat, Fat-free Milk
- Low-fat Yogurt
- Calcium-fortified Soymilk
- Low-fat Cheese
- Low-fat Cottage Cheese

\* Consider how these common breakfast foods are prepared. These foods can be high in added sugars, saturated fat, and/or sodium depending on how they are cooked and what ingredients are used. Extras like cream cheese, bacon, jelly, syrup, and fruit-flavored drinks can also contribute to the added sugars, saturated fat, and/or sodium content in some popular breakfast foods.