



ChooseMyPlate Overview

FOOD GROUP	EXAMPLES	WHAT COUNTS AS A SERVING?	NUTRIENTS PROVIDED	ADDITIONAL COMMENTS
Fruits	Any fruit or 100% fruit juice; may be fresh, canned, frozen, dried	1 cup equivalent= 1 cup fruit or 8 oz. 100% fruit juice or ½ cup dried	Dietary fiber, potassium, vitamin C and folate (folic acid)	
Vegetables	Any vegetable or 100% vegetable juice; may be raw or cooked, fresh, frozen, canned or dried	1 cup equivalent=1 cup raw or cooked vegetable or 8 oz. 100% fruit juice or 2 cups leafy greens	Dietary fiber, potassium, vitamin A, vitamin C and folate (folic acid)	Organized into 5 subgroups based upon nutritional content: dark green; starchy; red; orange; beans, peas and other vegetables
Grains	Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain	1 ounce, in general, is 1 slice of bread, 1 cup of ready-to-eat cereal, or ½ cup cooked rice, cooked pasta or cooked cereal	Dietary fiber, B vitamins (thiamin, riboflavin, niacin, and folate), and minerals (iron, magnesium, and selenium)	Divided into 2 subgroups: whole grains and refined grains
Protein	All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts and seeds	1 ounce equivalent= 1 oz. meat, poultry or fish, 1/4 cup cooked beans, 1 egg, 1 tablespoon peanut butter, or ½ oz. nuts or seeds poultry	Protein, B vitamins (niacin, thiamin, riboflavin, and B6), vitamin E, iron, zinc, and magnesium	



Dairy	All fluid milk and milk products that retain their calcium content	1 cup milk, yogurt, or soymilk, 1 ½ oz. of natural cheese or 2 oz. processed cheese	Calcium, potassium, Vitamin D	Should be fat-free or low-fat
Other:				
Oils	Any fats that are liquid at room temperature	1 teaspoon	Mono- and polyunsaturated fats (contain essential fatty acids), vitamin E	While not considered one of the food groups, healthy oils are essential to a healthy diet in limited amounts