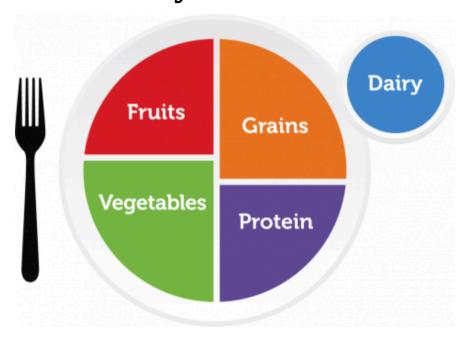


NUTRITION NEWS

MyPlate



MyPlate is a visual food guide that helps you make healthy food choices from each food group. It is recommended to eat a diet with various fruits, vegetables, grains, protein, and dairy products. Fortified soy alternatives are great options for those with allergies.

FOOD GROUPS

Fruits and Vegetables

Make half your plate of fruits and vegetables. Eat various fruits and vegetables of different shapes, sizes, and colors.

Grains

Make half your grains whole grains such as whole wheat bread, pasta, crackers, and oatmeal

Protein

Vary your protein with meat, poultry, seafood, eggs, beans, peas, lentils, soy products, nuts, and seeds. Choose lean or low-fat cuts of meats.

Dairy

Milk, cheese, yogurt, lactose-free, and fortified soy products. Choose low-fat or fat-free dairy milk or yogurt

Chicken Salad and Peach Sandwich



Recipe from myplate.gov

Servings: 2 sandwiches

Preparation Time: 5 minutes

Ingredients

- 4 slices of whole-grain bread
- 1/2 cup cooked chicken (diced)
- 1/2 cup canned peach slices (drained and diced)
- 1 celery stalk
- 1/2 cup chopped apples
- 1 small chopped onion
- 1 1/2 tablespoons mayonnaise
- 1 tablespoon chopped walnut

Directions

- Mix together the chicken, apples, peaches, celery, onion, walnuts, and mayonnaise in a small bowl.
- Spoon mixture onto 2 slices of the bread.