

Nourish Your BODY from Head to Toe with Nutrient-Dense Foods

The **MyPlate Calculator** gives you a personal plan for nourishing your body with **Nutrient-Dense** foods. Each of the **Five Food Group** foods provides the body with important nutrients that keeps your body healthy and also gives you the energy you need.

Your food and drink choices matter.
Focus on:

AMOUNT – Know the recommended daily amounts of the foods you should eat and then consume that amount. Large portions can promote overeating so learn what a serving size looks like on your plate.

NUTRIENT DENSITY – Whole, fresh foods contain the most nutrients. Highly processed foods often add sugar, sodium and fat resulting

in extra calories. Choose nutrient rich foods like colorful fruits and vegetables, whole grains and lower fat dairy foods for better health.

VARIETY – Eat as many different foods as possible within each Food Group. The more variety you choose, the more nutrients you will be getting. Your body needs various nutrients each day so mix it up and fuel your body!

Nutrients from A to Z

Fuel your body with Nutrient-Dense foods from the Five Food Groups. Each Food Group provides different essential nutrients. Let's look from A to Z at the nutrients your body needs and what Food Groups they come from:

Vitamin A	Important for the health of your eyes	Vegetables and Fruits	Fiber	Aids in digestion and protects against heart disease	Grains, Vegetables and Fruits
B Vitamins	Keeps your heart, brain and red blood cells healthy	Grains and Protein	Folic Acid	Needed to build new cells and keep your blood healthy	Grains and Fruits
Vitamin C	Helps your body fight infection and heals cuts and bruises	Vegetables and Fruits	Iron	Helps red blood cells carry oxygen to your body	Grains and Protein
Calcium	Keeps your bones and teeth strong	Dairy	Magnesium	Keeps your heart strong and muscles and nerves working	Dairy and Protein
Carbohydrates	Your body's main source of fuel and energy	Grains, Vegetables, Fruits and Dairy	Potassium	Keeps your nervous system and muscles working	Vegetables, Fruits and Dairy
Vitamin D	Needed for healthy blood pressure and strong bones	Dairy	Protein	Helps your body build, maintain and repair tissues	Dairy and Protein
Vitamin E	Protects your tissues and cells from being damaged	Vegetables and Protein	Zinc	Heals wounds and helps to keep you from getting sick	Protein

MyPlate Wheel helps you make **Nutrient-Dense Food Choices**. Highly processed foods usually contain fewer nutrients and more sugar, fat and sodium. To get the most nutrients from the foods you eat, choose these foods most often:

GRAINS 100% Whole Grain: Cereals and Oatmeal Breads, Pasta and Rice Corn Tortillas Quinoa and Barley Make Half your Grains Whole Read Food Labels	VEGETABLES Dark Greens: Spinach, Broccoli, Kale, Red, Orange and Yellow: Peppers, Tomatoes, Carrots, Sweet Potatoes, Squash and Pumpkin 100% Juices Vary your Veggies- Make Colorful Choices at Meals	FRUITS Whole, Fresh & Colorful: Cantaloupe, Oranges, Blueberries, Grapes, Apples, Watermelon, Bananas and Kiwi Fruit 100% Juices Focus on Fruit Add Fruits at Meals, Snacks and Dessert	DAIRY Skim or 1% Milk Plain Low Fat Greek Yogurts Cottage Cheese Low Fat Cheeses Fortified Soy Beverages Eat Calcium-Rich Foods- Have a Dairy Food at Each Meal	PROTEIN Lean Meats, Fish, Poultry, Eggs Beans-Black, Pinto Seeds- Flax, Pumpkin Nuts- Walnuts, Almonds Nut butters-Peanut, Almond Go Lean with Protein- Bake, Broil or Grill Rather Than Fry
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