

Maximize Your MyPlate:

Getting Your Food Groups Into Every Meal

*Make
A Change
Today!*

Fruits

- Add a handful of frozen fruit to hot whole grain cereal in the morning. Or snack on frozen fruit in place of dessert
- Keep a bowl of washed fruit on the table
- Cut up an apple, pear, or other fruit and mix with your favorite sweet spice (cinnamon, allspice, and nutmeg all work well) Microwave for a minute or so and stir so the flavors blend together

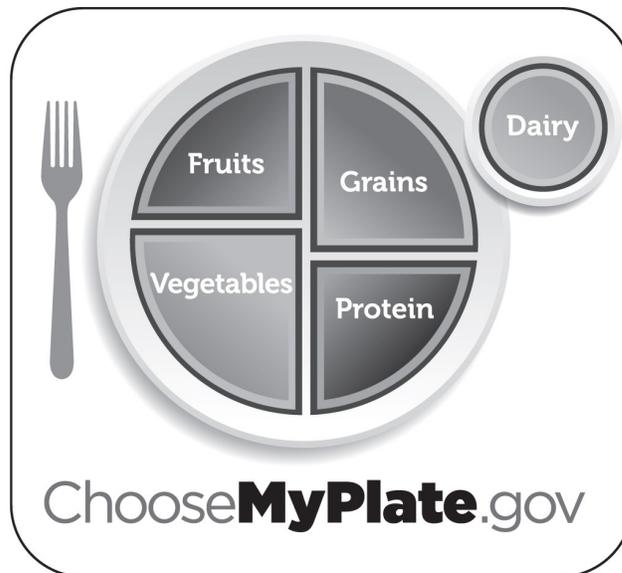
Grains

- Make your pantry's grains whole grains by trading up your bread, tortillas, crackers, rice, cereal, etc. to whole grain versions
- Buy a new whole grain at the store and use it to make a whole grain and vegetable salad or side dish recipe each week
- Cook a portion or two extra of brown rice, whole wheat noodles, or other whole grain to cool and keep in the fridge for the next meal. Or better yet, cool and

freeze in portion size containers or plastic bags for easy additions to any meal

Dairy

- Keep low fat cheese on hand. Try adding a handful of low fat shredded cheese to a cup of frozen vegetables. Microwave
- Keep greek yogurt on hand to mix into cereal, frozen fruit, tuna salad, etc.
- Drink a glass of milk



Vegetables

- Wash and cut vegetables like broccoli, carrots, and celery when you get home from the store
- Add handfuls of frozen vegetables to sauces, stews, stir-fry, and even scrambled eggs
- Open a can of whole vegetables (rinse thoroughly) and add to sauces stews, stir-fry or even jazz them up with some hot sauce, lemon, or your favorite vinegar

Protein

- In addition to lean cuts of meat, fish and poultry, canned beans are an easy way to get your protein. Add them to salads, soups, stews, pasta, or rice
- Have hummus dip or peanut butter with vegetables and whole grain crackers
- Hard boil eggs and use them to top vegetable and grain dishes



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