Healthy Teens. Healthy Lives.

ChooseMyPlate.gov
Create Your Own Plate!

Name ____________________________________________

Directions:
- Go to http://www.choosemyplate.gov/
- Click on the “SuperTracker & Other Tools” tab
- Click on the “Daily Food Plan.” Then click on the “Daily Food Plan” link.
- Enter in your age, gender, weight, height, and activity level into the provided spaces and click “submit.”
- You will now have your personal Daily Food Plan. Use the information provided to complete the information below. To find examples of foods within a particular food group, click on the food group name located in the first column of the Daily Food Plan chart.

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ChooseMyPlate.gov

Maricopa County Public Health
Office of Nutrition & Physical Activity
Focus On Fruits!

Directions:
- Go to http://www.choosemyplate.gov/
- Click on the “MyPlate” tab
- Click on “Fruits”
- Click on “What Counts as a Cup?”
- Click on “See the chart”
- Another screen will pop up listing different fruits and what size of that fruit counts as a cup.
- Write down five fruits below and the amount that counts as a cup.

1. ____________________________________________________________________________________
2. ____________________________________________________________________________________
3. ____________________________________________________________________________________
4. ____________________________________________________________________________________
5. ____________________________________________________________________________________

- Now click on “Tips to Help You Eat Fruits”
- Read through the list and write down five of your favorite ways to include more fruits each day.

1. ____________________________________________________________________________________
2. ____________________________________________________________________________________
3. ____________________________________________________________________________________
4. ____________________________________________________________________________________
5. ____________________________________________________________________________________
Vary Your Veggies!

Directions:
- Go to http://www.choosemyplate.gov/
- Click on the “MyPlate” tab
- Click on “Vegetables”
- Click on “What Counts as a Cup?”
- Click on “See the chart”
- Another screen will pop up listing different vegetables and what size of that vegetable counts as a cup.
- Write down five vegetables below and the amount that counts as a cup.

1. __________________________________________________________
2. __________________________________________________________
3. __________________________________________________________
4. __________________________________________________________
5. __________________________________________________________

- Now click on “Tips to Help You Eat Vegetables”
- Read through the list and write down five of your favorite ways to include more vegetables each day.

1. __________________________________________________________
2. __________________________________________________________
3. __________________________________________________________
4. __________________________________________________________
5. __________________________________________________________
Make Half Your Grains Whole

Directions:
- Go to http://www.choosemyplate.gov/
- Click on the “MyPlate” tab
- Click on “Grains”
- Click on “What Counts as an Ounce?”
- Click on “See the chart”
- Another screen will pop up listing different grains and what size of that grain counts as an ounce.
- Write down five grains below and the amount that counts as an ounce.

1. ____________________________________________________________
2. ____________________________________________________________
3. ____________________________________________________________
4. ____________________________________________________________
5. ____________________________________________________________

Now click on “Tips to Help You Eat Whole Grains”
Read through the list and write down five of your favorite ways to include more whole grains each day.

1. ____________________________________________________________
2. ____________________________________________________________
3. ____________________________________________________________
4. ____________________________________________________________
5. ____________________________________________________________

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Go Lean With Protein

Directions:
- Go to http://www.choosemyplate.gov/
- Click on the “MyPlate” tab
- Click on “Protein”
- Click on “What Counts as an Ounce?”
- Click on “See the chart”
- Another screen will pop up listing different protein foods and what size of that food counts as an ounce.
- Write down five protein foods and the amount that counts as an ounce below.

1. ______________________________________________________
2. ______________________________________________________
3. ______________________________________________________
4. ______________________________________________________
5. ______________________________________________________

- Now click on “Tips for Making Wise Choices”
- Read through the list and write down five of your favorite ways to include healthy sources of protein each day.

1. ______________________________________________________
2. ______________________________________________________
3. ______________________________________________________
4. ______________________________________________________
5. ______________________________________________________
Do Your Dairy

Directions:
- Go to http://www.choosemyplate.gov/
- Click on the “MyPlate” tab
- Click on “Dairy”
- Click on “What Counts as a Cup?”
- This screen will show a list of dairy products and what size counts as a cup.
- Write down five dairy products below and the amount that counts as a cup.

1. ________________________________________________________________________
2. ________________________________________________________________________
3. ________________________________________________________________________
4. ________________________________________________________________________
5. ________________________________________________________________________

- Now click on “Tips for Making Wise Choices”
- Read through the list and write down five of your favorite ways to include more dairy each day.

1. ________________________________________________________________________
2. ________________________________________________________________________
3. ________________________________________________________________________
4. ________________________________________________________________________
5. ________________________________________________________________________
Physical Activity Fun!

Another key message to MyPlate is to be physically active. Now that you have created your own plate using your Daily Food Plan, let’s take a look at why physical activity is important, how much we need and fun ways to be active each day!

Directions:
- Click on the “Physical Activity” tab
- Click on “How Much is Needed?”

According to my age, how often should I be physically active? _____________________________
- Now click on “Why is it Important?”
- Write down five ways physical activity can improve your health below.

1. _____________________________________________________________________________
2. _____________________________________________________________________________
3. _____________________________________________________________________________
4. _____________________________________________________________________________
5. _____________________________________________________________________________

- Now click on “Tips for Increasing Physical Activity”
- Read through the list and write down five of your favorite ways to include more physical activity each day.

1. _____________________________________________________________
2. _____________________________________________________________
3. _____________________________________________________________
4. _____________________________________________________________
5. _____________________________________________________________