



Michigan WIC

Nutrition Education Module for State Sharing

Personalize Your Plate

Self-Directed Education for WIC Families



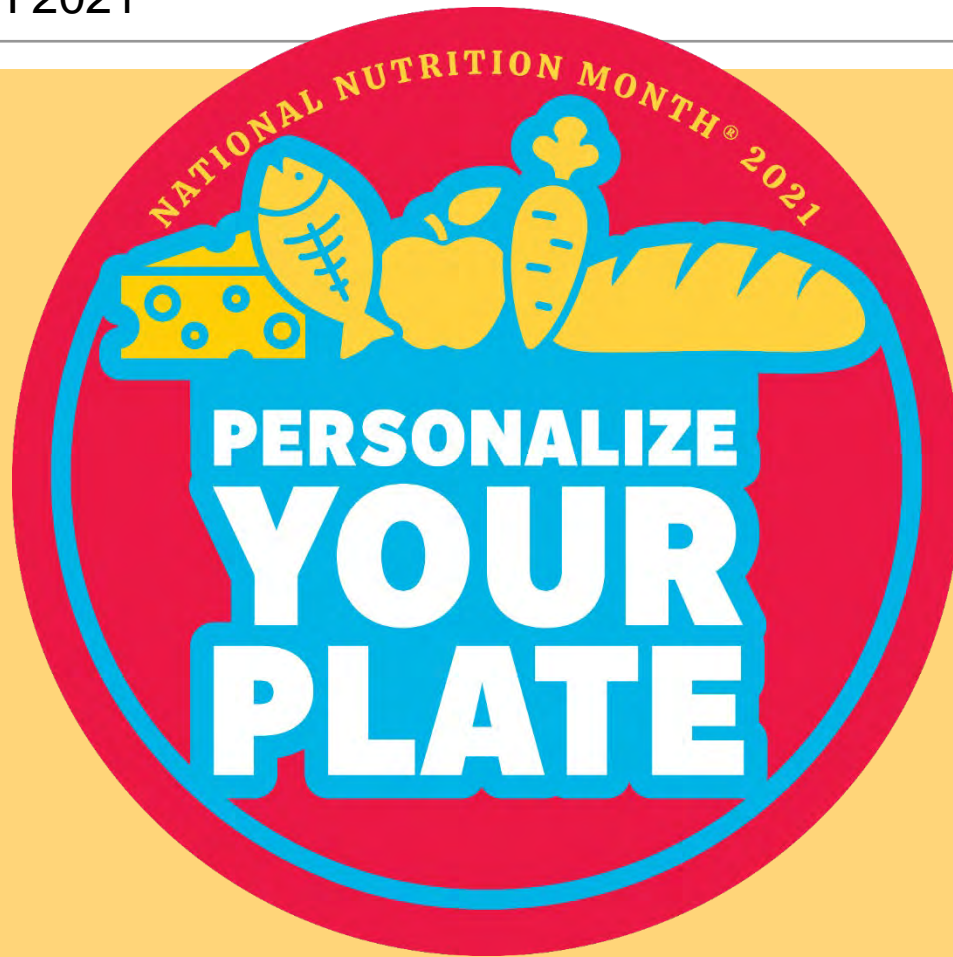
This lesson was created by the Michigan WIC Program for State Sharing using 2021 National Nutrition Month® resources. National Nutrition Month® is an annual campaign created by the Academy of Nutrition and Dietetics https://www.eatright.org_nnm

Michigan Department of Health and Human Services, WIC Program, Lansing, Michigan.
www.michigan.gov/wic January 2021

This institution is an equal opportunity provider.



MARCH 2021





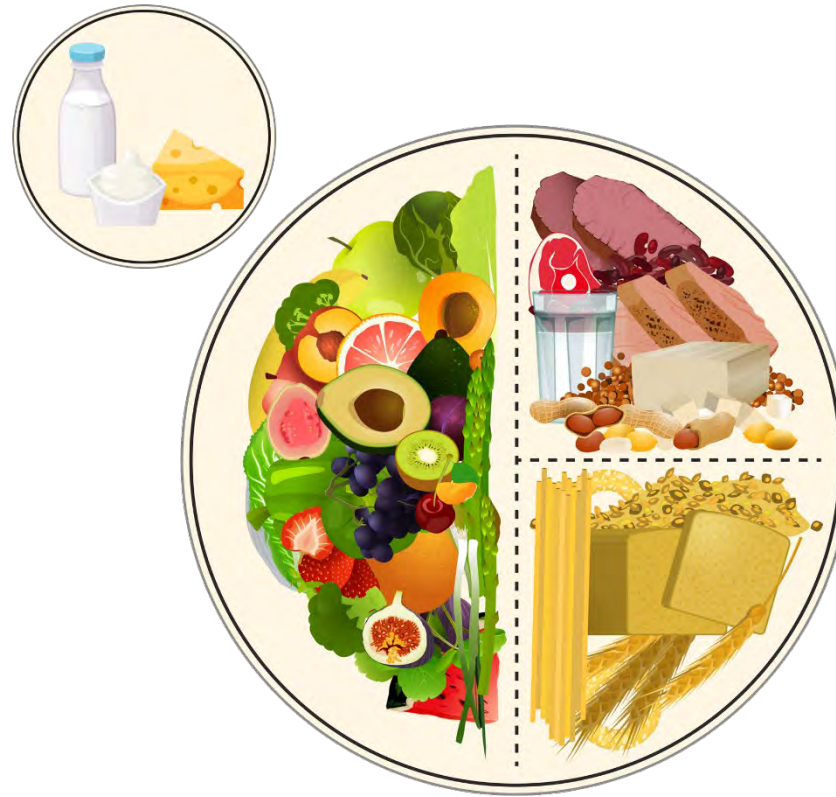
A Healthy Eating Routine

Includes a variety of nutritious foods from all the food groups:

- Fruits
- Vegetables
- Grains
- Protein Foods
- Dairy



Fill Half Your Plate with Fruits and Vegetables





Fruits

- Include fruits with breakfast.
- Enjoy fruit as a healthy snack.
- Look for recipes that feature fruits, such as salads or main dishes.
- Satisfy a sweet tooth by substituting fruit in place of other desserts.





Vegetables

- Get creative by trying vegetables that are new to you...
- or experiment with preparing your favorite vegetables in new ways.
- Enjoy vegetables as healthy snacks.
- Try to include different colored vegetables throughout the week.





Grains

Ways to include whole grains throughout your day:

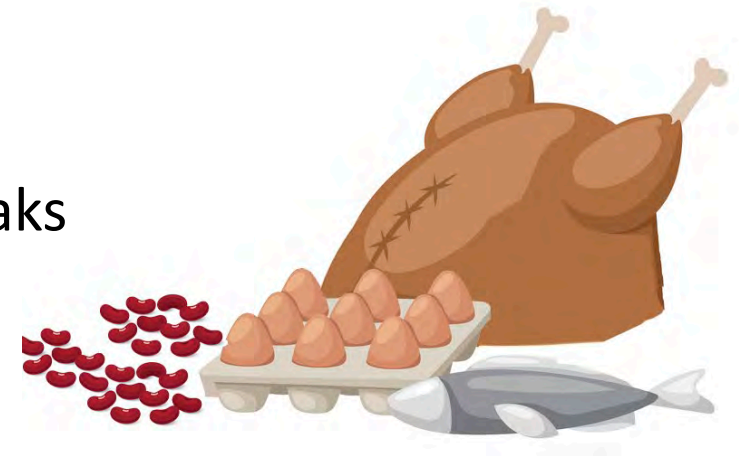
- Select whole grain breads for sandwiches and toast
- Use whole wheat flour in baked goods
- Choose whole grain corn or whole wheat tortillas for tacos and wraps
- Substitute whole grain noodles for pasta
- Use brown rice in stir-fry dishes or with curries





Protein

- Include a variety of protein foods prepared in a healthful way.
- Include beans, peas, lentils, nuts and seeds as a plant-based source of protein.
- Choose seafood twice a week.
- Select leaner cuts of meat, such as round steaks and roasts or skinless poultry.





Dairy

Include a variety of low-fat or fat-free options like:

- Milk
- Yogurt
- Cheese
- Calcium-fortified soymilk



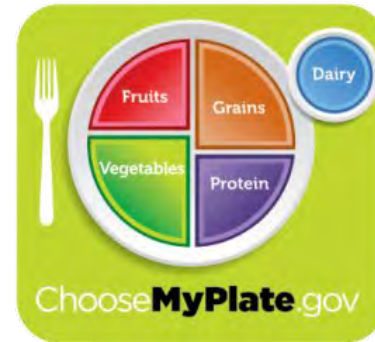


Limit:

- Saturated fat
- Sodium
- Added sugars

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

(For educational purposes only. These labels do not meet the labeling requirements described in 21 CFR 101.9.)



Start *simple* with **MyPlate**

Visit [MyPlate.gov](https://www.MyPlate.gov) or download the MyPlate app