

Download Grains Healthy Eating With Myplate

Create a Grocery Game Plan. Making a plan before heading to the store can help you get organized, save money, and choose healthy options. - Plan Your Weekly Meals - Make a Grocery List - Save More at the Store Shop Smart to Fill Your Cart In general, 1 slice of bread, 1 cup of ready-to-eat cereal, or ½ cup of cooked rice, cooked pasta, or cooked cereal can be considered as 1 ounce-equivalent from the Grains Group. The Healthy Eating Plate, created by nutrition experts at Harvard School of Public Health and editors at Harvard Health Publications, was designed to address deficiencies in the U.S. Department of Agriculture (USDA)'s MyPlate. The Healthy Eating Plate provides detailed guidance, in a simple format ...MyPlate Tip Sheets. USDA. Center for Nutrition Policy and Promotion. See easy-to-follow food and nutrition tips for all food groups including: Make Half Your Grains Whole Grains