



# California MyPlate For Teens

Make half your plate vegetables and fruits, about one quarter grains and one quarter protein. Choose foods that are high in fiber and low in sugar, solid fats and salt (sodium). In addition to eating well, aim for at least one hour of physical activity every day.

**If pregnant or breastfeeding, see *MyPlate for Moms*.**

## Vegetables

### **Eat more vegetables.**

Use fresh, frozen or low-sodium canned vegetables. Limit French fries.

### **Daily Amount**

**3** or more of these choices:

- 2 cups raw leafy vegetables
- 1 cup raw vegetables or juice
- 1 cup cooked vegetables



## Protein

### **Choose healthy protein.**

Eat vegetable protein daily. Limit bacon, hot dogs and bologna.

### **Daily Amount**

**6** or more of these choices:

- 1 ounce fish, poultry or lean meat
- 1 egg
- ½ ounce nuts
- ¼ cup cooked dry beans, lentils or peas
- ¼ cup tofu
- 1 tablespoon nut butter



## Grains

### **Eat mostly whole grains**

like brown rice. Limit bread, noodles and rice that are white.

### **Daily Amount**

**6** or more of these choices:

- 1 slice 100% whole wheat bread or ½ bagel
- 1 small (6-inch), 100% whole wheat tortilla
- 1 cup cereal
- ½ cup cooked pasta, rice or cereal



## Fruits

### **Eat fruits of all colors.**

Make most choices fruit, not juice.

### **Daily Amount**

**2** or more of these choices:

- 1 cup fresh fruit
- 1 cup unsweetened frozen or canned fruit
- ½ - ¾ cup 100% fruit juice
- ½ cup dried fruit



## Dairy

### **Enjoy calcium-rich foods.**

Choose pasteurized nonfat or lowfat milk, yogurt and cheese.

### **Daily Amount**

**4** of these choices:

- 1 cup milk
- 1 cup soy milk with calcium
- 1 cup of plain yogurt
- 1 cup of cottage cheese
- 1½ ounces cheese



## **Choose Healthy Fats & Oils**

- Use plant oils like canola, safflower and olive oil for cooking.
- Read food labels to avoid saturated and trans fats (hydrogenated fats).
- Limit solid fats such as lard and butter.
- Eat cooked fish at two meals each week.

## **Choose Healthy Beverages**

- Drink water, nonfat or lowfat milk.
- Limit sugary drinks, such as soda, fruit drinks, sweetened iced tea, sports drinks and juice.
- Limit caffeine drinks like coffee and tea.
- Do not drink energy drinks as these are not recommended for teens.

# My Nutrition Plan *For Teens*

These tips will help me eat well and be physically active. Every day, I will:

## Vegetables

- Try to eat 3 or more choices of fresh, frozen or low-sodium canned vegetables.
- Flavor vegetables with herbs and spices instead of fat or salt.
- Eat many dark green and orange vegetables.

## Protein

- Try to eat 6 or more choices.
- Grill, broil or bake meat instead of fry.
- Eat beans, nuts, tofu, seeds and nut butter.
- Choose lean meat (15% fat or less).
- Take skin off poultry.
- Eat 12 oz. of fish per week.
- Limit bacon, hot dogs and bologna.

## Grains

- Try to eat 6 or more choices.
- Eat whole grains at least half of the time.
- Choose high-iron and low-sugar cereals, such as approved by WIC. Some stores use a logo for cereals approved b WIC.

## Fruits

- Try to eat 2 or more choices.
- Eat a variety of fresh, frozen or canned fruits.
- Choose fresh, frozen and canned fruits without added sugars.
- Limit fruit juice to ½ - ¾ cup 100% fruit juice each day.

## Dairy

- Try to eat 4 choices.
- Choose pasteurized nonfat or lowfat (1%) milk and cheeses.
- Eat plain yogurt. For sweetness, add fruit.
- Choose soy products with calcium, like tofu.

## **Fats, Oils, Sugars and Salt**

- Read nutrition labels to choose foods low in fat, sugar and salt (sodium).
- Choose fruits, vegetables, unsalted nuts and seeds for snacks.
- Use plant oils like canola, safflower and olive oil daily.
- Bake, broil, steam, or microwave instead of frying.

## **Beverages**

- Drink water, nonfat or lowfat milk instead of sugary drinks.
- Limit caffeine drinks like coffee and tea.
- Do not drink energy drinks.



## **Physical Activity or Exercise**

- Get at least 1 hour of moderate physical activity every day. A good choice is walking. 10 minutes at a time is fine.
- Aim for vigorous physical activity choices at least 3 days per week. It makes you breathe faster and sweat. Try swimming or running.
- Do muscle and bone strengthening activities at least 3 days per week to stay strong. Climbing stairs is an easy choice.

## **More Ideas**

- Make a SuperTracker daily food and physical activity plan. Go to [www.supertracker.usda.gov/CreateProfile.aspx](http://www.supertracker.usda.gov/CreateProfile.aspx) .
- Other: