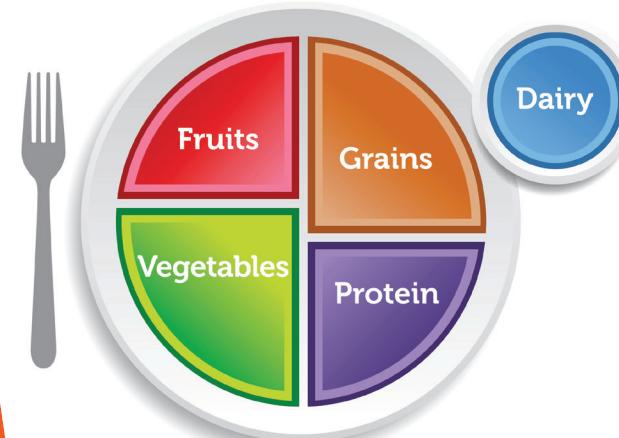


Rate Your Plate



ChooseMyPlate.gov

A Full Plate That's Healthful

You may think a full plate isn't healthy, but when you fill it with the right amount from each food group you are on your way to good eating habits. Choosing the amount of foods you eat from each group also depends on your age, how active you are and your gender. The basic food groups are:

- Vegetables
- Fruits
- Grains
- Dairy
- Protein

Fill up on healthy helpings of food from each group and keep your weight and health in check.

Visit ChooseMyPlate.gov to learn more about food groups. While on the site, you can get a made-to-order plan that will show you what **you** need to eat each day.



**BlueCross BlueShield
of Illinois**

Source: United States Department of Agriculture

725254.0514