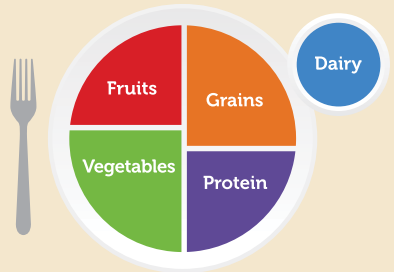




A Day on MyPlate



MyPlate.gov

Snapshot of 2000 Calories

What is M

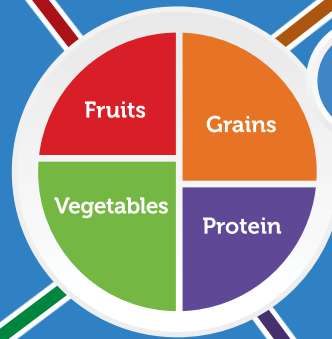
Based on the Dietary Guidelines for Americans, MyPlate provides a healthy lifestyle for people of all ages. Even if you don't use MyPlate, it can help you create a healthy diet.

FRUIT

- Whole fruit or 100% fruit juice
- Fruits can be fresh, canned, frozen, or dried
- Choose fruit canned in water or 100% juice

VEGETABLES

- Whole vegetables or 100% vegetable juice
- Five sub-groups:
 - ◇ dark green
 - ◇ red & orange
 - ◇ beans & peas
 - ◇ starchy
 - ◇ other
- Vegetables may be raw or cooked; fresh, frozen, canned, or dried
- Choose a variety of colors, vegetables from all five sub-groups



MyPlate?

MyPlate offers information & ideas to help create a healthy diet. Everything you eat & drink counts. It's a plan that works for you.

GRAINS

- Foods made from wheat, rice, oats, cornmeal, barley, quinoa, or other grains
- Choose whole-grain options of bread, pasta & tortillas
- Look for 100% whole grain on packaging
- Check the ingredient list for "whole grains"

Dairy

DAIRY

- Choose fat-free (skim) or low-fat (1%) options
- Low-fat milk has all the vitamins & minerals as whole, with less fat & calories
- Foods that are calcium-fortified such as soy milk count
- Foods like cream cheese that have little calcium do not count

PROTEIN

- Choose lean meat & poultry
- Aim for at least 8 oz of seafood per week
- Meatless options include eggs, beans, soy & unsalted nuts & seeds
- Eat a variety of protein foods to maximize health benefits

**2,000 calories is the general recommendation
for people to eat each day.**

MyPlate Key: Fruits 🍏, Vegetables 🥬, Grains 🍞, Protein 🍗, Oils 🫑 & Dairy 🥛



Breakfast 400 calories

5 Min Microwave Breakfast Mug,
Banana, Coffee & 1% Low-Fat Milk

- 🥛 1% low-fat milk
- 🍗 egg & ham
- 🥬 spinach
- 🍏 banana
- black coffee



Morning Snack 270 calories

Strawberry Banana Parfait

- 🥛 non-fat vanilla Greek yogurt
- 🍏 strawberry
- 🍏 banana
- 🍞 granola
- water



Lunch 500 calories

Chicken Ranch Pitas & Apple

- 🍗 chicken
- 🥬 tomato & cucumber
- 🥬 red onion & lettuce
- 🫑 avocado
- 🍞 whole-wheat pita
- 🍏 apple
- 🥛 non-fat Greek yogurt
- water

These meals show what a day eating 2,000 calories looks like in a healthy & well-rounded way.

Afternoon Snack 260 calories

Homemade Ranch, Vegetables & Cheese

- 🥗 Homemade ranch (non-fat Greek yogurt)
- 🥕 carrots
- 🥦 cauliflower
- 🌿 celery
- 🧀 cheese
- unsweetened iced tea



Dinner 470 calories

Sesame Ginger Beef & Fresh Mango

- 🥩 beef
- 🍚 brown rice
- 🥬 green beans & green onions
- 🍈 mango
- unsweetened iced tea



Evening Snack 100 calories

Lite Microwave Popcorn

- 🍿 popcorn
- water



How To Use **CHOOSE HOMEMADE** Recipe Icons



1 FOR 1

Meets the 1 for 1 standard! Contains 1 mg of sodium per every 1 calorie or less; a helpful way to consume less sodium.



QUICK PREP

No more than two chopped items & 15 minutes of preparation time.



FAMILY FAVORITE

Traditional family favorites that everyone will enjoy together.



NEW FLAVORS

Feature unique ingredients or seasonings. Quick, fresh & flavorful!



KID FRIENDLY

Quick, simple & easy to prepare - perfect for kids!



30 MINUTES OR LESS

Less than 30 minutes total, including both prep & cook time.



ZESTY

A bit spicy, great for adding a bit of a kick to your palate.



EASY CLEANUP

No more than one dish for preparation & one dish for cooking.



PARTY PERFECT

Perfect to share with a group of family & friends at your next gathering.



RECIPE VIDEO

Find a helpful one-minute cooking video for this recipe at choosehomemade.org

5 MINUTE MICROWAVE MUG



Ingredients:

- 2 Tbsp 1% low-fat milk
- 1 large egg
- 1/4 cup diced lean ham
- 1/2 cup diced mushrooms
- 1/2 cup frozen chopped spinach
- 2 Tbsp shredded cheddar cheese

Preparation:

1. In a large mug, add milk & egg. Whisk with a fork.
2. Add ham, mushrooms, spinach & cheese. Mix well.
3. Microwave on high 2- 2 1/2 minutes, or until the center is solid & has begun to pull away from the mug around the edges.
4. Serve immediately.

5 min | Serves 1

Nutrition Facts

1 servings per recipe	
Serving size	(264g)
Amount per serving	
Calories	250
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 230mg	77%
Sodium 790mg	34%
Total Carbohydrate 8g	3%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 24g	
Vitamin D 2mcg	10%
Calcium 273mg	20%
Iron 3mg	15%
Potassium 669mg	15%

* 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.

STRAWBERRY BANANA PARFAIT



Ingredients:

- 2 cups non-fat vanilla Greek yogurt
- 1 cup sliced strawberries
- 1 banana, sliced
- 1 cup granola

Preparation:

1. In a large bowl, combine sliced strawberries & bananas.
2. Divide & layer all ingredients evenly among 4 parfait cups:
 - 1/4 cup yogurt
 - 2 Tbsp fruit
 - 2 Tbsp granola
3. Continue layering until all ingredients are gone.



10 min | Serves 4

Nutrition Facts

4 servings per recipe
Serving size (223g)

Amount per serving
Calories **260**

	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 150mg	7%
Total Carbohydrate 28g	10%
Dietary Fiber 3g	11%
Total Sugars 27g	
Includes 14g Added Sugars	28%
Protein 13g	
Vitamin D 3mcg	15%
Calcium 137mg	10%
Iron 1mg	6%
Potassium 382mg	8%

* 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.



CHICKEN RANCH PITAS



Ingredients:

- 1 Tbsp canola oil
- 1 lb boneless, skinless chicken breasts, sliced
- 1 medium tomato, diced
- 1 medium cucumber, diced
- 1 medium avocado, diced
- 1 small red onion, diced
- 1 lemon, juiced
- 1 tsp Italian seasoning
- 6 whole-wheat pitas
- 2 cups shredded lettuce
- 1 1/2 cups Homemade ranch dip*

*find recipe on next page

Preparation:

1. In a large skillet, heat oil on medium-high. Add chicken & cook 7-10 minutes or until cooked through.
2. In a medium bowl, combine tomato, cucumber, avocado, onion, lemon juice & Italian seasoning.
3. Wrap pitas in a wet paper towel & microwave 10-15 seconds to warm.
4. To serve, fill pita with lettuce, chicken & vegetable mix. Fold in half & top with homemade ranch dip.

20 min | Serves 6

Nutrition Facts	
6 servings per recipe	
Serving size	(339g)
Amount per serving	
Calories	440
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 450mg	20%
Total Carbohydrate 55g	20%
Dietary Fiber 8g	28%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 30g	
Vitamin D 0mcg	0%
Calcium 159mg	10%
Iron 4mg	20%
Potassium 935mg	20%
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HOMEMADE RANCH DIP



Ingredients:

- 4 multigrain saltine crackers
- 1/2 cup dried parsley
- 3 Tbsp dried minced onions
- 1 Tbsp dried dill
- 2 Tbsp garlic powder
- 2 Tbsp onion powder
- 3/4 cup plain non-fat Greek yogurt
- 3/4 cup low-fat sour cream



10 min | Serves 12

Nutrition Facts

12 servings per recipe
Serving size (36g)

Amount per serving

Calories **50**

% Daily Value*

Total Fat 2g 3%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 35mg 2%

Total Carbohydrate 6g 2%

Dietary Fiber 1g 4%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 3g

Vitamin D 0mcg 0%

Calcium 62mg 4%

Iron 1mg 6%

Potassium 140mg 2%

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Preparation:

1. Place saltines in a large zip-close plastic bag. Seal bag & use the bottom of a cup to crush crackers into a fine powder.
2. Add spices to bag, seal & shake well. Rub closed bag between hands to finely crush spices.
3. In a medium bowl, add yogurt, sour cream & 2 Tbsp spice mix. Mix well.
4. Serve with fresh vegetables. Store left-over spice mix in an airtight container for future use.



SESAME GINGER BEEF



Ingredients:

- 1 cup instant brown rice
- 1 lb beef skirt steak, thinly sliced
- 3 Tbsp cornstarch
- 2 Tbsp sesame oil
- 1 (12 oz) bag frozen green beans
- 3 cloves garlic, minced
- 2 tsp ground ginger
- 1/4 cup low-sodium soy sauce
- 1 Tbsp white vinegar
- 3 Tbsp honey
- 2 green onions, sliced
- 1 Tbsp sesame seeds

Preparation:

1. Prepare rice according to package directions. Fluff with a fork & set aside.
2. In a large mixing bowl, add beef & cornstarch. Toss until well coated & set aside.
3. In a large skillet, heat oil over high. Add beef & stir-fry 2-3 minutes, until beef is almost cooked through. Add green beans & sauté 3-5 minutes, or until slightly tender.
4. Reduce heat to medium. Add garlic, ginger, soy sauce, vinegar & honey. Stir quickly to coat beef. Cook another 1-2 minutes, or until beef is cooked through & sauce thickens.
5. Serve over rice topped with green onions & sesame seeds.

20 min | Serves 6

Nutrition Facts	
6 servings per recipe	
Serving size	(205g)
Amount per serving	
Calories	410
% Daily Value*	
Total Fat 15g	19%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 450mg	20%
Total Carbohydrate 43g	16%
Dietary Fiber 3g	11%
Total Sugars 10g	
Includes 9g Added Sugars	18%
Protein 25g	
Vitamin D 0mcg	0%
Calcium 68mg	6%
Iron 4mg	20%
Potassium 488mg	10%
*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.	

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CHOOSEHOMEMADE.ORG



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DISPONIBLE EN ESPAÑOL. ELIGECASERO.ORG



We keep busy families in mind every step of the way when creating our unique recipes.

Our promise is that CHOOSE HOMEMADE recipes are:

- Simple, tasty & healthy
- Certified healthy by our registered dietitians
- Easy to prepare & require minimal cleanup
- Made using common ingredients
- Taste-tested & chosen by Oklahoma families
- Developed using the MyPlate food groups

CHOOSEHOMEMADE.ORG

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This institution is an equal opportunity provider.