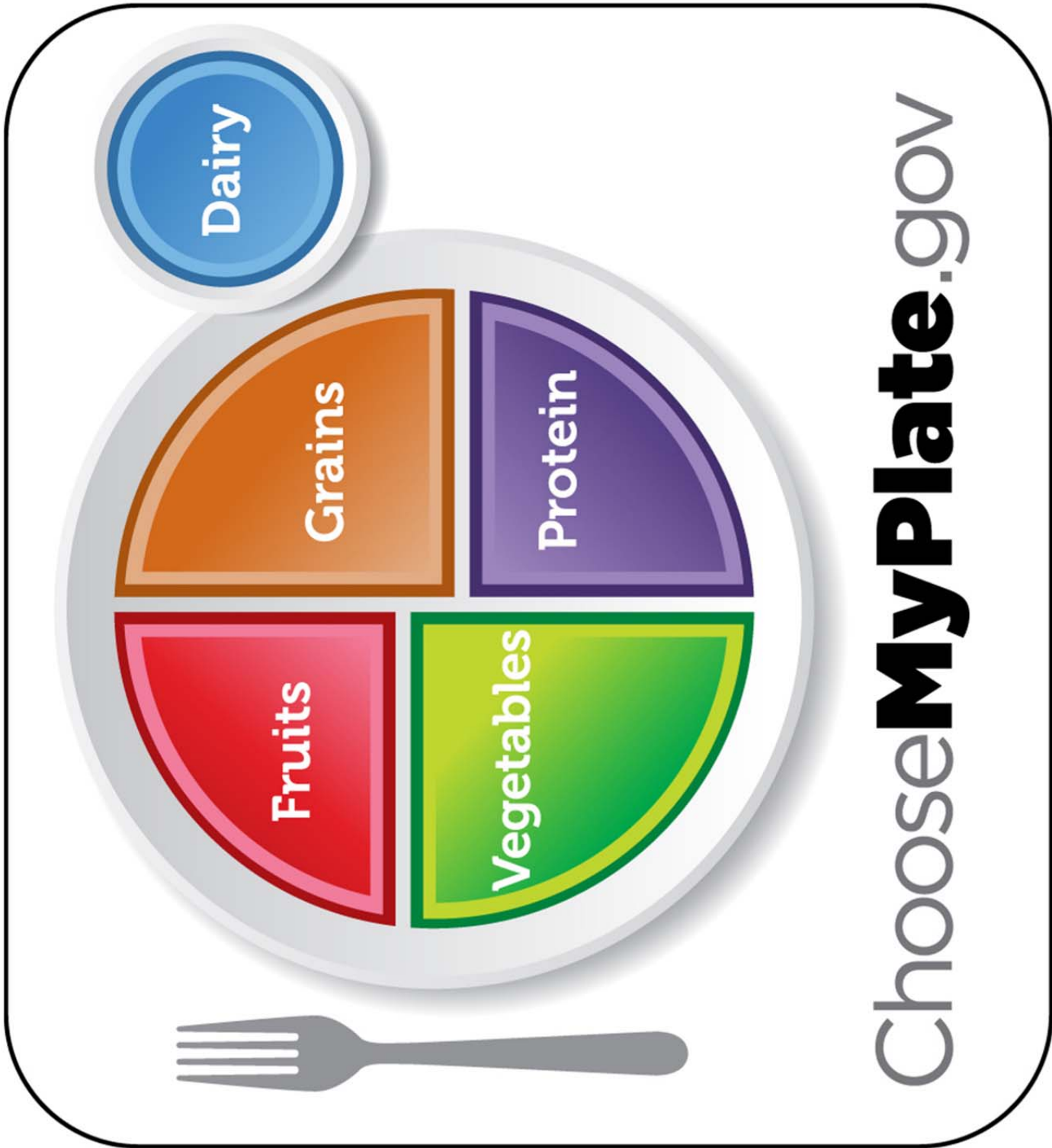


MyPlate Food Recall Activity



Date _____



MyPlate Food Recall Activity

Meal / Snack	Red/ Fruits	Green/ Veggies	Orange/ Grains	Purple/ Protein	Blue/ Dairy
1					
2					
3					
4					
5					
6					
7					
Your Totals for the Past 24 Hours					

Can you say “yes” to these meal-time questions?

Were half of the strips you used over the fruits and vegetables section of the plate?

Were at least half of the grains you chose whole grains?

Were your animal-based proteins lean?

Were your dairy choices fat-free or low-fat (1%)?

Were most of the foods and beverages you ate in the past 24 hours low in solid fats, added sugars and sodium/salt?

For more information about healthy eating, contact your local extension office or log on to www.ksre.ksu.edu/humannutrition. The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777. Information in this fact sheet is for educational purposes only. Follow the advice of your health care provider. Contents of this publication may be freely reproduced for educational purposes. All other rights reserved. In each case, credit Mary Meck Higgins, Ph.D., R.D., L.D., Associate Professor, Department of Human Nutrition, *Directions for the MyPlate Food Recall Activity*, Kansas State University, August 2011. **Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS.** K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended. Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture cooperating, Gary Pierzynski, Interim Director.