



MiPlato Your Way *Every bite counts for your health and wellbeing!*

Fortunately, MiPlato can be your guide to build healthy habits and a nutritious eating pattern. Pick and choose your favorite foods from each of the five food groups and go from there. The key is choosing a variety of foods and beverages, and specifically, those that have lots of vitamins, minerals, and healthy fats and are limited in saturated fats, sodium, and added sugars.

Eating the MiPlato Way

To get 2,000 calories daily*, choose:

2 cups



Focus on whole fruits

Anonas
Capulín
Citrus Fruits
Guava
Plums
Prickly Pear
Zapote
Cantaloupe
Watermelon

2.5 cups



Vary your veggies

Avocados
Potatoes
Tomatoes
Jícama
Onions
Squash
Chili peppers
Green peppers
Cucumbers
Carrots
Green beans
Tomatillo
Chayote
Nopales
Quelites

6 ounces



Make half your grains whole

Maize
Amaranth
Rice
Corn tortilla
Flour tortilla

5.5 ounces



Lean into plant proteins and seafood

Beans
Turkey
Chicken
Lean beef
Lean pork
Fish
Pepitas
Peanuts

3 cups



Go for low-fat or fat-free

Milk
Yogurt
Low-fat sour cream
Low-fat cheese

Mix & Match

All the food groups contain foods that can be swapped in and out, based on your lifestyle, favorites, and budget.

Use your favorite spices and herbs to add flavor without extra sodium, saturated fats, and added sugars.

*Calorie needs vary. Visit: www.myplate.gov/es/myplate-plan to get the plan that's right for you.



Sample Plan

Recipes vary so choose those with lots of fruits and vegetables and less saturated fat, salt, and added sugars.

Day 1

Huevos rancheros

made with egg, tortilla, pico de gallo, refried black beans, and avocado and cooked in vegetable oil

Café con leche



Ensalada xec

made with jicama, mandarin orange, jalapeno pepper, orange juice, lime juice, and cilantro

Burrito

made with beef, cheese, tomato, and lettuce on a flour tortilla



Mole poblano

made with chicken and topped with raisins and pepitas

Mexican rice

made with brown rice, carrots, peas, onions, and tomato sauce



Day 2

Scrambled eggs

with potatoes in salsa roja

Whole wheat toast with smashed avocado

Orange juice



Cheese enchilada

on corn tortillas and served with Mexican rice and refried beans



Carne asada

with a squash and avocado salad

Plum



Day 3

Mollete

refried black beans, pico de gallo, and cotija cheese on a bolillo roll

Grapefruit juice



Shrimp ceviche

with cucumber, red onion, serrano peppers, and lime juice

A corn tortilla

Diced guava



Empanadas de picadillo

beef and cheese empanadas with guacamole, queso fresco, and white onion

Frijoles de la olla

pinto beans with chopped white onion

Horchata



Day 4

Breakfast tacos

made with egg, chorizo, serrano peppers, queso fresco, and corn tortillas then topped with green onion and cilantro

Cafe con leche



Tamale

corn tamale with guacamole and fruit salad



Torta

pork, refried beans, lettuce, tomato, pickled jalapenos, and avocado on a bolillo roll

Horchata



Day 5

Huevos a la Mexicana

Made with eggs scrambled with tomato, onion, and chile peppers

Whole wheat toast with smashed avocado

One orange

Cafe con leche



Quesadilla

cheese quesadilla with guacamole and salsa roja



Arroz a la tumbada

made with a mix of seafood and vegetables over rice

Plum



Breakfast

Lunch

Dinner

Substitutions

- **Fruit swap**
 - Ensalada de fruta for orange juice
- **Vegetable swaps**
 - Frijoles negros for refried black beans
 - Mofongo, yuca, or mangú for papas and salsa roja
 - Ensalada verde for ensalada xec
 - Tostones for potato cubes

- **Grain swaps**
 - Pupusa for tortilla
 - Arroz con gandules for Mexican rice

- **Protein swap**
 - Ropa vieja for carne asada

- **Dairy swap**
 - Morir soñando for orange with café con leche

Mixed dish swaps

- Arroz con pollo for mole poblano with Mexican rice
- Habichuelas guisadas for frijoles de la olla
- Cubano or pan con chumpe for torta
- Asopao de pollo, sopa de pescado, or sancocho for arroz a la tumbada



My Plan *Every bite counts for your health and wellbeing!*



Sample Day*

2 mandarin oranges
1/4 c orange juice
1/3 c raisins

1/3 c pico de gallo
1/3 c refried black beans
1/3 c avocado
1/2 c jicama
1/4 c diced tomato
1/4 c chiles, onion, tomato paste (mole sauce)
1/2 c peas, onion, carrots, tomato sauce (Mexican rice)

1 corn tortilla
1 flour tortilla
1/2 c brown rice

1 egg
1.5 oz beef
3 oz chicken

1 c low-fat milk (café con leche)
3 oz cheese

Day 1

Day 2

Day 3



Notes

1/2 c of dried fruit = 1 cup-equivalent of fruit

1 egg = 1 oz-equivalent of protein foods

1.5 oz of natural cheese = 1 cup-equivalent of dairy

1 corn tortilla = 1 oz-equivalent of grains

1 flour tortilla = 4 oz-equivalent of grains

1/2 c of rice = 1 oz-equivalent of grains

Visit www.MyPlate.gov for more food group equivalents

