



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.

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-equivalents of grains

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

Visit www.MyPlate.gov for more food group equivalents.



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 papas en 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

Café 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

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

Whole wheat toast with smashed avocado



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
- **Vegetables swaps**
 - Frijoles negros for refried black beans
 - Mofongo, yuca, or mangu for papas and salsa ropa
 - Ensulata verde for ensulata 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

