

## 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

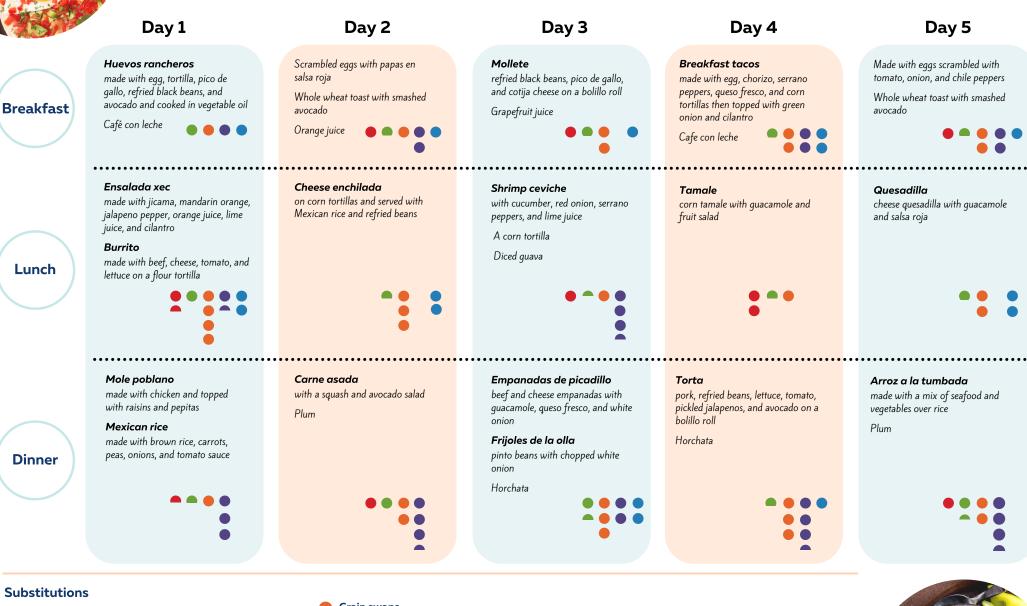
To get 2,000 calories daily\*, choose:





# Sample Plan

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



- 🔴 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

