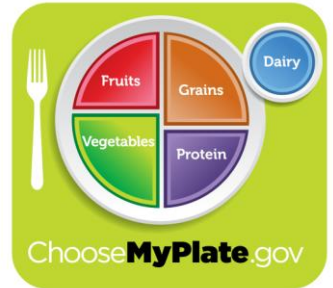


# ARIZONA SNAP EXPERIENCE

Based on the *2010 Dietary Guidelines for Americans*, the United States Department of Agriculture released the *MyPlate* icon to replace the food pyramid on June 2, 2011.

Participants in the Arizona SNAP Experience are encouraged to adhere to these new standards when making food purchases for the week. This aspect of the experience will help participants get a sense of whether it is realistic for low-income families and individuals to follow these nutritional guidelines.



## GRAINS

This group contains any food made from wheat, oats, rice, cornmeal, barley or other cereal grain. *MyPlate* guidelines recommend that at least half of your grains are whole grains. Some common grain products are:

- Oatmeal
- Popcorn
- Bread
- Pasta
- Rice
- Tortillas
- Breakfast cereals
- Crackers

## VEGETABLES

Any vegetable or 100% vegetable juice fits into this food group. According to *MyPlate* standards, half of your plate should be comprised of fruits and vegetables. Some common vegetables are:

- Broccoli
- Spinach
- Carrots
- Beans & Peas
- Corn
- Potatoes
- Cauliflower
- Onions
- Zucchini

## FRUITS

This group contains anyfruit or 100% fruit juices. According to *MyPlate* standards, about half of your plate should be comprised of fruits and vegetables. Some common fruits that may be included are:

- Apples
- Bananas
- Grapes
- Oranges
- Pears
- Grapefruit

## DAIRY

All fluid milk products and foods made from milk that retain their calcium content are part of this group. According to *MyPlate* standards, you should use fat-free or low-fat (1%) milk. Some common dairy choices are:

- Fat-free or low fat milk
- Pudding
- Frozen yogurt
- Hard natural cheeses (cheddar, swiss)
- Soft cheeses (cottage cheese, ricotta)
- Yogurt

## PROTEIN

This group contains all food made from meat, poultry, seafood, eggs, nuts, seeds, soy products, beans and peas. *MyPlate* guidelines recommend that you choose a variety of lean proteins, with at least 8 ounces of cooked seafood per week. Some suggestions for this food group are:

- Lean cuts of beef or pork
- Chicken
- Eggs
- Black beans or Chickpeas
- Almonds, cashews, and peanuts
- Tofu
- Salmon, halibut, or tuna