



## 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](http://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](http://www.MyPlate.gov) for more food group equivalents

