



# A Colorful Way to Choose a Great Meal

Look for these colors to tell you  
which group the food belongs to:

-  Red - - - - - Fruit
-  Green - - - - -Vegetables
-  Orange - - - - -Grains
-  Blue - - - - - Milk
-  Purple - - - - -Meat and Beans

## How to Color Your Plate Healthy

- 1** Start with red or green  
for fruits or vegetables.
- 2** Add orange for grains.
- 3** Finish with blue or purple  
for milk or meat and beans.

# Color Your Plate Healthy:

## Nutrition Education in Your School Dining Program

**Color Your Plate Healthy** is a simple, color-coded guide to selecting balanced meals. Each menu item offered is labeled with the color or colors that represent the food group or groups that the food comes from. Students are encouraged to select a variety of “colors” to put on their plate, creating a more nutrient rich meal.

**Color Your Plate Healthy** offers:

- A quick and easy message for all ages;
- Consistency with MyPyramid for additional teaching opportunities;
- A positive way to encourage healthy eating.

Ways to use **Color Your Plate Healthy** with your student:

- Improve nutrient variety by recommending at least three colors at each meal.
- Increase fruit and vegetable intake by encouraging more red and green foods.
- Ensure adequate calcium intake with blue foods.
- Help fuel athletic activities with orange foods.