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
- Frutas
  - Anonas
  - Capulín
  - Citrus Fruits
  - Guava
  - Plums
  - Prickly Pear
  - Zapote
  - Cantaloupe
  - Watermelon

2.5 cups
- Vegetales
  - Avocados
  - Potatoes
  - Tomatoes
  - Jicama
  - Onions
  - Squash
  - Chili peppers
  - Green peppers
  - Cucumbers
  - Carrots
  - Green beans
  - Tomatillo
  - Chayote
  - Nopales
  - Quelites

6 ounces
- Granos
  - Maize
  - Amaranth
  - Rice
  - Corn tortilla
  - Flour tortilla

5.5 ounces
- Proteina
  - Beans
  - Turkey
  - Chicken
  - Lean beef
  - Lean pork
  - Fish
  - Pepitas
  - Peanuts

3 cups
- Lácteos
  - 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.
## Sample Plan

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

### 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

### Day 1

**Breakfast**

- **Huevos rancheros**
  - made with egg, tortilla, pico de gallo, refried black beans, and avocado and cooked in vegetable oil
  - Café con leche

**Lunch**

- **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

**Dinner**

- **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

**Breakfast**

- **Scrambled eggs**
  - with potatoes in salsa roja
  - Whole wheat toast with smashed avocado
  - Orange juice

**Lunch**

- **Cheese enchilada**
  - on corn tortillas and served with Mexican rice and refried beans

**Dinner**

- **Carne asada**
  - with a squash and avocado salad
  - Plum

### Day 3

**Breakfast**

- **Mollete**
  - refried black beans, pico de gallo, and cotija cheese on a bolillo roll
  - Grapefruit juice

**Lunch**

- **Shrimp ceviche**
  - with cucumber, red onion, serrano peppers, and lime juice
  - A corn tortilla
  - Diced guava

**Dinner**

- **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**

- **Breakfast tacos**
  - made with egg, chorizo, serrano peppers, queso fresco, and corn tortillas then topped with green onion and cilantro
  - Café con leche

**Lunch**

- **Tamale**
  - corn tamale with guacamole and fruit salad

**Dinner**

- **Torta**
  - pork, refried beans, lettuce, tomato, pickled jalapenos, and avocado on a bolillo roll

- **Horchata**

### Day 5

**Breakfast**

- **Huevos a la Mexicana**
  - Made with eggs scrambled with tomato, onion, and chile peppers
  - Whole wheat toast with smashed avocado
  - One orange
  - Café con leche

**Lunch**

- **Quesadilla**
  -cheese quesadilla with guacamole and salsa roja

**Dinner**

- **Arroz a la tumbada**
  - made with a mix of seafood and vegetables over rice
  - Plum
**My Plan**  
*Every bite counts for your health and wellbeing!*

<table>
<thead>
<tr>
<th>Frutas (MyPlate.gov)</th>
<th>Vegetales (MyPlate.gov)</th>
<th>Granos (MyPlate.gov)</th>
<th>Proteina (MyPlate.gov)</th>
<th>Lácteos (MyPlate.gov)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 mandarin oranges</td>
<td>1/3 c pico de gallo</td>
<td>1 corn tortilla</td>
<td>1 egg</td>
<td>1 c low-fat milk (café con leche)</td>
</tr>
<tr>
<td>1/4 c orange juice</td>
<td>1/3 c refried black beans</td>
<td>1 flour tortilla</td>
<td>1.5 oz beef</td>
<td>3 oz cheese</td>
</tr>
<tr>
<td>1/3 c raisins</td>
<td>1/3 c avocado</td>
<td>1/2 c brown rice</td>
<td>3 oz chicken</td>
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</tr>
<tr>
<td></td>
<td>1/4 c jicama</td>
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<tr>
<td></td>
<td>1/4 c diced tomato</td>
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<tr>
<td></td>
<td>1/4 c chiles, onion, tomato paste (mole sauce)</td>
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<tr>
<td></td>
<td>1/2 c peas, onion, carrots, tomato sauce (Mexican rice)</td>
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</tr>
</tbody>
</table>

**Sample Day***:
- 2 mandarin oranges
- 1/4 c orange juice
- 1/3 c raisins

**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 for more food group equivalents