

MyPlate 9 Food Photos FREE plus 7 Lessons Learned During Our Shoot

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Here is a sample gallery of our best MyPlate images. Use them in your blog or other project. You can link to them directly or download for your site – just link back to this page and indicate they are copyrighted by Food and Health Communications, Inc. Click *contact us* below to make inquiries, comments or requests. We love to hear from you!!

If you are looking for more healthy food photos, check out our new photo store: <http://healthyfoodphotos.com>

7 fun lessons were learned about MyPlate and its food groups during our photography project:

1. LOTS of **choices** are given for each food group.
 - o For **vegetables** you can have whole, chopped, cooked, frozen, canned, dried, raw, mashed or leafy.
 - o For **fruits** you can have whole, chopped, cooked, frozen or pureed. 100% juice counts, too.
 - o **Protein** lists meat, poultry, seafood, soy alternatives, nuts, seeds, nut butters and eggs.
 - o And **milk** specifies fluid milk, dairy desserts, yogurt, hard cheese and processed cheese.
 - o **Grain** choices are very delicious: wheat, oats, corn, barley, rice and others. Quinoa is a great “other” that cooks quickly and looks like cous cous on a plate.
2. The **servicing sizes are easy to follow** but they don’t always match what manufacturers put in packages and on food labels.

