

Guam Build-a-Plate

Balanced Meals with Local Foods

PLATE 1

vegetables

gollai hāgun suni
(1-2 ½ cups)

grains

brown-rice red rice
(1-1 ½ cups)

dairy

fat-free/skim/
2% milk
(2-2 ½ cups)



fruits

papaya
(1-2 cups)

protein

grilled chicken
(1-2 medium-sized
drumsticks)



USDA MyPlate Daily Recommendations

Grains	2-3 oz.
Vegetables	1-2.5 cups
Fruits	1-2 cups
Protein	2-5.5 oz.
Dairy	2-2.5 cups

The Guam Build-a-Plate shows how to eat foods common in Guam in alignment with USDA's MyPlate portion-size recommendations, represented on the plate by the dashed lines.



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