

# My Plate Is Georgia Grown

## Make at least half your grains whole

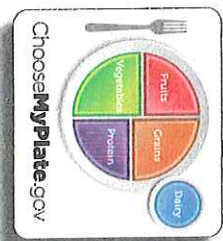
- Choose 100% whole grain cereals, breads, crackers, rice and pasta
- Top grain in Georgia: wheat (we also grow grains such as oats and corn to feed livestock and poultry)

## Make half your plate fruits and vegetables

- Choose fresh, frozen, canned or dried fruits and vegetables
- Eat red, orange, and dark-green vegetables, such as tomatoes, sweet potatoes, and broccoli, in main and side dishes
- Use fruit as snacks, salads, or desserts
- Keep raw, cut-up vegetables handy for quick snacks
- Choose whole or cut-up fruits more often than fruit juice
- Top fruits and vegetables in Georgia: blueberries, peaches, watermelon, cantaloupe, sweet corn, green bell peppers, cabbage, snap beans, cucumbers. We have many Certified Farm Markets who have pick-your-own strawberries and blackberries.
- Want to visit a local farm and pick your own fruits and vegetables? Check out a Certified Farm Market near you. Many of them are also involved in agritourism with hayrides and other special events.  
<http://www.gffb.org/commodities/cfm/default.html>

## Vary your protein choices

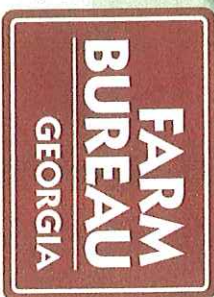
- Choose a variety of foods including lean meats, poultry, eggs, seafood, beans and peas, and nuts.
- Georgia ranks 1st in the nation in the production of poultry (including eggs), peanuts and pecans. We raise beef cows in every county. We also grow soybeans.



Scan the QR Code with your smart phone to find out more information about Georgia Certified Farm Markets

## Don't forget your calcium!

- Switch to skim or 1% milk. They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.
- Georgia has dairies throughout the state.



[www.gffb.org](http://www.gffb.org)