

Read the transcript of the Youtube video *Choose My Plate Dietary Guidelines* and fill in the gaps using the words from the box.

colours	sweeten	vegetables	low-fat	
nutrients	portion	rule of thumb	dairy	
raw	cereal	butter	cancer	poultry
half	carbohydrates	mistake		

ChooseMyPlate **illustrates** the 5 food groups needed to **provide** the necessary building blocks for healthy eating. These include fruits, _____, grains, protein-rich foods and low-fat _____.

Fruits and vegetables should account for just over _____ of the food on your plate, with vegetables making up the slightly larger _____.

Vegetables include everything from **eggplant**, broccoli and bell peppers to spinach, lettuce and **squash**. The best rule for choosing which vegetables to eat is simple: **boost** variety and eat as many _____ as possible. This **ensures** that the body **receives** the optimal amount of **vital** _____, vitamins and antioxidants. When preparing vegetables, try to eat them lightly grilled or **raw**, if possible. Oversteaming vegetables is a common _____ and causes the vegetables to lose most of their **nutrients**.

With **fruits**, it's important to boost the variety and **diversify** the colours as well. They are an excellent stand-alone option to eat _____ or cut-up in a fruit salad, and they also act as an excellent **complement** to _____ up a salad or entrée. Brightly-coloured fruits, such as raspberries or blueberries, are also very high in antioxidants that work to **inhibit** the development of heart disease or certain types of _____.

Next we have the **grain** portion of the ChooseMyPlate. Grains are an important part of a healthy diet as they supply complex _____ and contain a significant amount of **fibre**, with little fat and no cholesterol. Grains should make up about a quarter of your plate and are found in everything from bread and _____ to pasta and oatmeal. When we think of grains, we usually think of wheat or rice, but options like quinoa, millet and rolled oats make for even healthier options. With all grains, it's a good _____ to choose whole grains rather than **refined or processed** grains to make sure the body gets the most nutrients possible.

Protein foods will account for the rest of the plate. This includes anything made from meat, _____, seafood, beans, eggs, processed **soy** products, nuts and seeds. From this group it's better to choose **lean** or _____ choices like chicken, fish and other seafood to ensure minimal **intake** of cholesterol and saturated fat that often leads to later health issues.

The final, and smallest portion of the ChooseMyPlate dietary method, is the **dairy** portion. This includes all fluid milk products and foods that are made from milk, like low-fat cheese and yoghurt that retain calcium content, as well as **calcium-fortified** soy milk. This does not include foods made from milk with little to no calcium, such as _____, cream and cream cheese. It is important to try to eat around one cup per meal of low-fat dairy, which is **equivalent to** one 8-ounce* glass of milk, one regular container of low-fat yoghurt or 1.5** ounces of hard cheese to ensure optimal **health benefits**.

* 8 oz = 236 mL, 1.5 oz = 42g

Match the synonyms to the highlighted words.

to show:	<i>to illustrate</i>	
edible pumpkin:	s...	
to increase:	to b...	
very important, essential:	v...	
not cooked:	r...	
consumption:	i...	
the same as:	e...	
components in foods that we need to grow:	n...	
to expand, to make bigger:	d...	
an addition:	a c...	
to get:	to r...	
healthy vegetables containing proteins:	s...	
substance found in plants:	f...	
not fat:	l...	
to supply:	to p...	
to make sure, to guarantee:	to e...	
to prevent:	to i...	
positive effects on your health:	h...	
added calcium:	c...	
aubergine (BE):	e...	(AE)
2 words how grain is manufactured:	r...	or p...