

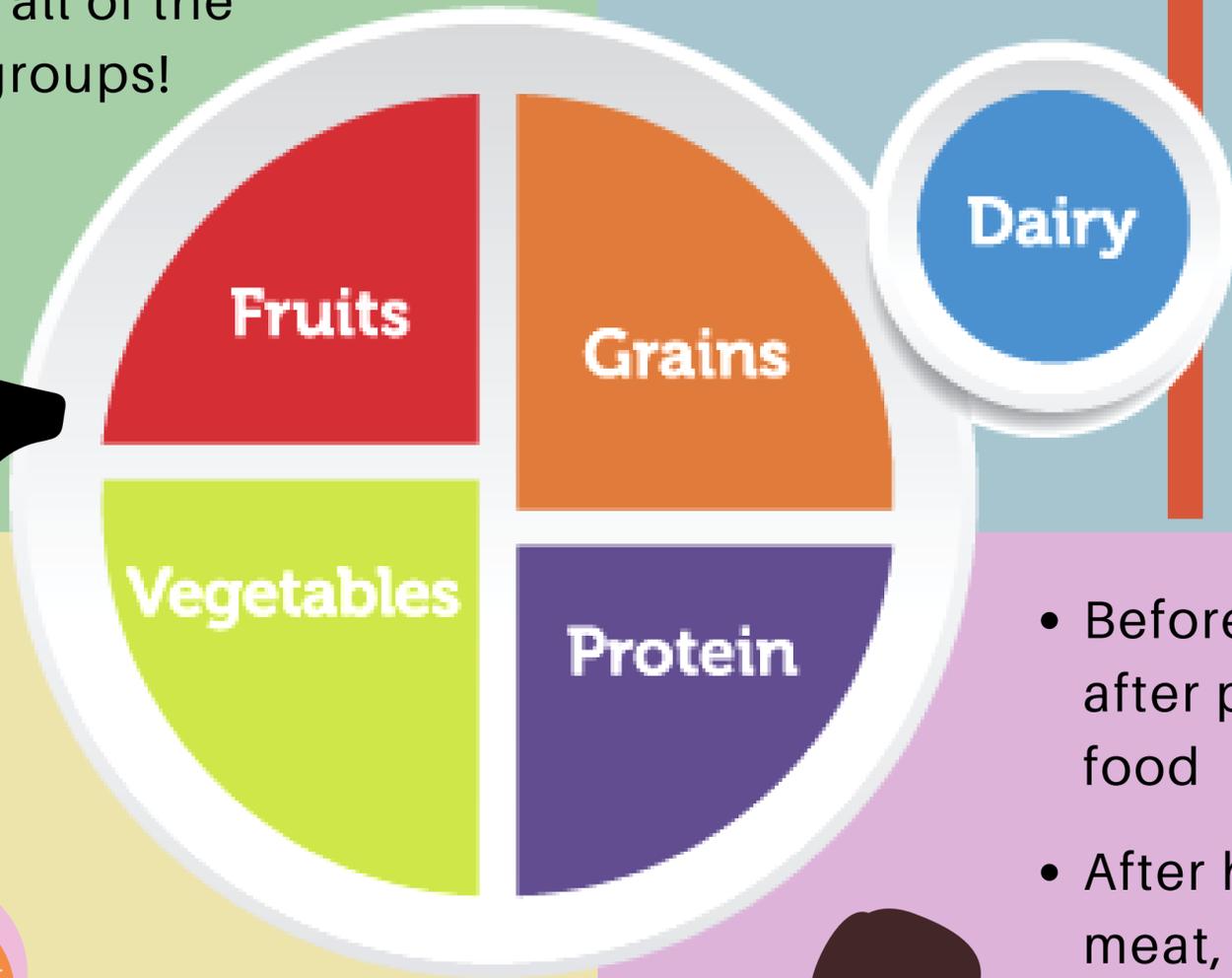
# MYPLATE.GOV

## What is it?

MyPlate is a nutrition guide to well-rounded meals

The Gray House provides foods from all of the food types.

Here is a picture of how to structure your plate to eat all of the important food groups!



Wash these produce items very well!

## DIRTY DOZEN

# SAFE COOKING TEMPERATURES

Prevent foodborne illness

Ground Meats **160 F**

Poultry **165 F**

Fish/Shellfish **145 F**

Ham **160 F**



- Before, during, and after preparing any food
- After handling raw meat, poultry, seafood, and eggs
- Before eating



Prevent the spread of germs

## HANDWASHING IN THE KITCHEN

• THE GRAY HOUSE & UMASS NURSING •

# GOOD EATING FOR GOOD HEALTH