

## MyPlate Game

### Preparation

Print out two copies of the file for 2-3 players, 3 copies for 4-5 players, etc.

### Object of the Game

Players are dealt ten cards in each round, five rounds are played. The player with the most points after all five rounds is the winner.

### How to Play

Each round, players attempt to complete a MyPlate, which consists of the following number of cards from each food category:

- 5 fruit or vegetable cards (or a combination of both, totaling five cards) (GREEN)
- 2 grains (YELLOW)
- 2 proteins (RED)
- 1 dairy (WHITE)

There are also junk food cards which are black. These cannot be used to complete a MyPlate.

A player may use any cards to complete a MyPlate; however, different cards are worth different amounts of points, and so players should try to not only complete the MyPlate, but to get the greatest amount of points possible at the same time.

On their turn, players first draw from either the draw or discard pile, then discard one card from their hand to the discard pile. The player to the left then takes their turn.

### "Buying" Cards

A player may also draw cards out of turn order from the discard pile by "buying" them. To buy a card from the discard pile, a player announces they want to buy the top card in the discard pile. If no other player wants to draw or buy the card, then the player may draw the top card from the discard pile *along with the top (unseen) card from the draw pile*. Play then resumes as normal. If, however, multiple players express a desire to buy the card, preference goes to that player whose turn comes soonest, including the player whose turn it is. A player may not buy a card if it is their turn; they draw the card normally without drawing a bonus card.

Once a card in the discard pile has had another card discarded on top of it, it is "dead", and cannot be drawn or bought.

### Finishing a Round / Scoring

If, after discarding, a player has a complete MyPlate, they may play it down, and the round is over; other players may not play any other cards. *[If only two players, the other player may complete his turn, but doesn't get the bonus for being the first to have MyPlate.]* Each player then counts up their points for the round as follows:

The player who scored a MyPlate adds up all of the points for those cards that completed their MyPlate (any additional cards besides those ten are not counted), then scores a 50 point bonus. They then subtract points from any junk food cards in their hand, if they have any.

All other players lose 5 points for each card in their hand *in addition* to any points lost from junk food cards. They then take the highest-value card in their hand from each food category (fruit and vegetables counting as a single category) and add the point values for those cards to their score.

# 10

## Potato, baked (vegetable)

Serving Size	1 med.
<b>Calories (kcal)</b>	<b>168</b>
<b>Total Fat (g)</b>	<b>0.2</b>
<b>Sodium (mg)</b>	<b>24</b>
<b>Total Carb (g)</b>	<b>37</b>
Dietary Fiber (g)	4
<b>Protein (g)</b>	<b>5</b>
Vitamin C (mg)	14
Vitamin A (IU)	17
Calcium (mg)	31

Image credit: Wikimedia commons

# 40

## Spinach, raw (vegetable)

Serving Size	2 cups
<b>Calories (kcal)</b>	<b>55</b>
<b>Total Fat (g)</b>	<b>0.24</b>
<b>Sodium (mg)</b>	<b>48</b>
<b>Total Carb (g)</b>	<b>2</b>
Dietary Fiber (g)	1
<b>Protein (g)</b>	<b>2</b>
Vitamin C (mg)	16
Vitamin A (IU)	5626
Calcium (mg)	60

Image credit: 19melissa68, Flickr

# 35

## Broccoli (vegetable)

Serving Size	1 cup
<b>Calories (kcal)</b>	<b>31</b>
<b>Total Fat (g)</b>	<b>0.3</b>
<b>Sodium (mg)</b>	<b>30</b>
<b>Total Carb (g)</b>	<b>6</b>
Dietary Fiber (g)	3
<b>Protein (g)</b>	<b>3</b>
Vitamin C (mg)	81
Vitamin A (IU)	567
Calcium (mg)	43

Image credit: Wikimedia commons

# 30

## Sweet Potato (vegetable)

Serving Size	1 cup
<b>Calories (kcal)</b>	<b>258</b>
<b>Total Fat (g)</b>	<b>0.5</b>
<b>Sodium (mg)</b>	<b>191</b>
<b>Total Carb (g)</b>	<b>59</b>
Dietary Fiber (g)	4
<b>Protein (g)</b>	<b>5</b>
Vitamin C (mg)	13
Vitamin A (IU)	22182
Calcium (mg)	76

Image credit: Wikimedia commons

# 25

## Baby Carrots (vegetable)

Serving Size	1 cup
<b>Calories (kcal)</b>	<b>30</b>
<b>Total Fat (g)</b>	<b>0.1</b>
<b>Sodium (mg)</b>	<b>66</b>
<b>Total Carb (g)</b>	<b>7</b>
Dietary Fiber (g)	3
<b>Protein (g)</b>	<b>1</b>
Vitamin C (mg)	2
Vitamin A (IU)	11722
Calcium (mg)	27

Image credit: Jules, Flickr

# 20

## Romaine Lettuce (vegetable)

Serving Size	2 cups
<b>Calories (kcal)</b>	<b>14</b>
<b>Total Fat (g)</b>	<b>0.3</b>
<b>Sodium (mg)</b>	<b>7</b>
<b>Total Carb (g)</b>	<b>3</b>
Dietary Fiber (g)	2
<b>Protein (g)</b>	<b>1</b>
Vitamin C (mg)	3
Vitamin A (IU)	7404
Calcium (mg)	28

Image credit: Wikimedia commons

# 15

## Tomato (vegetable)

Serving Size	1 cup
<b>Calories (kcal)</b>	<b>32</b>
<b>Total Fat (g)</b>	<b>0.4</b>
<b>Sodium (mg)</b>	<b>9</b>
<b>Total Carb (g)</b>	<b>7</b>
Dietary Fiber (g)	2
<b>Protein (g)</b>	<b>2</b>
Vitamin C (mg)	25
Vitamin A (IU)	1499
Calcium (mg)	18

Image credit: tooony, Wikimedia commons

# 30

## Strawberry (fruit)

Serving Size	1 cup
<b>Calories (kcal)</b>	<b>46</b>
<b>Total Fat (g)</b>	<b>0.4</b>
<b>Sodium (mg)</b>	<b>1</b>
<b>Total Carb (g)</b>	<b>11</b>
Dietary Fiber (g)	3
<b>Protein (g)</b>	<b>1</b>
Vitamin C (mg)	85
Vitamin A (IU)	17
Calcium (mg)	23

Image credit: FoeNyx, Wikimedia commons

# 25

## Orange (fruit)

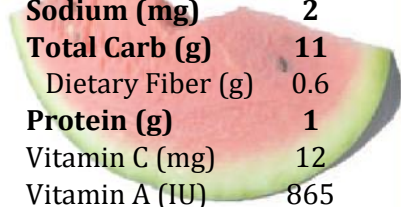
Serving Size	1 med.
<b>Calories (kcal)</b>	<b>75</b>
<b>Total Fat (g)</b>	<b>0.2</b>
<b>Sodium (mg)</b>	<b>2</b>
<b>Total Carb (g)</b>	<b>19</b>
Dietary Fiber (g)	3
<b>Protein (g)</b>	<b>1</b>
Vitamin C (mg)	91
Vitamin A (IU)	380
Calcium (mg)	66

Image credit: Evan-Amos, Wikimedia commons

# 20

## Watermelon (fruit)

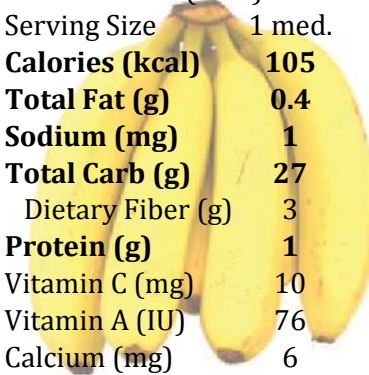
Serving Size	1 cup
<b>Calories (kcal)</b>	<b>46</b>
<b>Total Fat (g)</b>	<b>0.2</b>
<b>Sodium (mg)</b>	<b>2</b>
<b>Total Carb (g)</b>	<b>11</b>
Dietary Fiber (g)	0.6
<b>Protein (g)</b>	<b>1</b>
Vitamin C (mg)	12
Vitamin A (IU)	865
Calcium (mg)	11



# 15

## Banana (fruit)

Serving Size	1 med.
<b>Calories (kcal)</b>	<b>105</b>
<b>Total Fat (g)</b>	<b>0.4</b>
<b>Sodium (mg)</b>	<b>1</b>
<b>Total Carb (g)</b>	<b>27</b>
Dietary Fiber (g)	3
<b>Protein (g)</b>	<b>1</b>
Vitamin C (mg)	10
Vitamin A (IU)	76
Calcium (mg)	6



# 10

## Apple juice (fruit)

Serving Size	1 cup
<b>Calories (kcal)</b>	<b>112</b>
<b>Total Fat (g)</b>	<b>0.2</b>
<b>Sodium (mg)</b>	<b>17</b>
<b>Total Carb (g)</b>	<b>28</b>
Dietary Fiber (g)	0.2
<b>Protein (g)</b>	<b>0.3</b>
Vitamin C (mg)	1.4
Vitamin A (IU)	0
Calcium (mg)	14

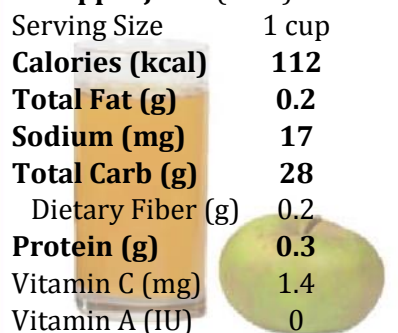


Image credit: metoc, Wikimedia commons

# 30

## 2% Milk (Dairy)

Serving Size	1 cup
<b>Calories (kcal)</b>	<b>122</b>
<b>Total Fat (g)</b>	<b>5</b>
<b>Sodium (mg)</b>	<b>115</b>
<b>Total Carb (g)</b>	<b>12</b>
Dietary Fiber (g)	0
<b>Protein (g)</b>	<b>8</b>
Vitamin C (mg)	0.5
Vitamin A (IU)	464
Calcium (mg)	293



Image credit: Stefan Kühn, Wikimedia commons

# 25

## Soymilk (Dairy)

Serving Size	1 cup
<b>Calories (kcal)</b>	<b>100</b>
<b>Total Fat (g)</b>	<b>4</b>
<b>Sodium (mg)</b>	<b>95</b>
<b>Total Carb (g)</b>	<b>10</b>
Dietary Fiber (g)	1
<b>Protein (g)</b>	<b>6</b>
Vitamin C (mg)	0
Vitamin A (IU)	501
Calcium (mg)	299

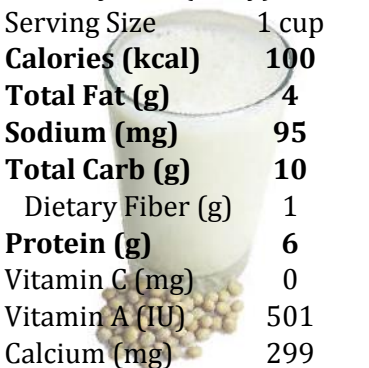


Image credit: LinasD, Wikimedia commons

# 20

## Lowfat yogurt (Dairy)

Serving Size	8 oz.
<b>Calories (kcal)</b>	<b>154</b>
<b>Total Fat (g)</b>	<b>4</b>
<b>Sodium (mg)</b>	<b>172</b>
<b>Total Carb (g)</b>	<b>17</b>
Dietary Fiber (g)	0
<b>Protein (g)</b>	<b>13</b>
Vitamin C (mg)	2
Vitamin A (IU)	125
Calcium (mg)	448

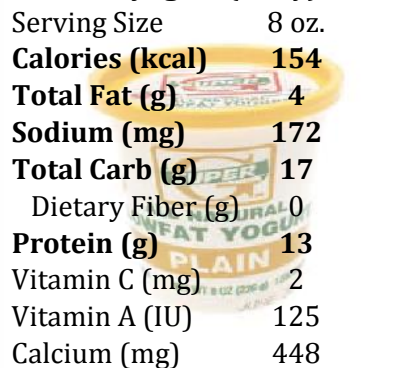


Image credit: NIH, Wikimedia commons

# 15

## Cheddar cheese (Dairy)

Serving Size	1/3 cup
<b>Calories (kcal)</b>	<b>173</b>
<b>Total Fat (g)</b>	<b>14</b>
<b>Sodium (mg)</b>	<b>274</b>
<b>Total Carb (g)</b>	<b>1</b>
Dietary Fiber (g)	0
<b>Protein (g)</b>	<b>10</b>
Vitamin C (mg)	0
Vitamin A (IU)	423
Calcium (mg)	287

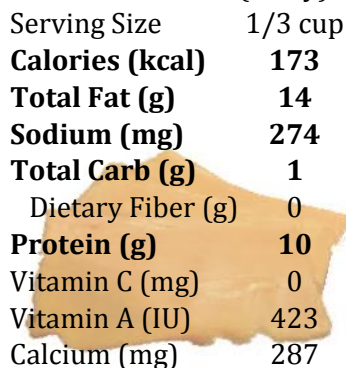


Image credit: Jeff the quiet, Wikimedia commons

# 10

## Cottage cheese (Dairy)

Serving Size	1 cup
<b>Calories (kcal)</b>	<b>163</b>
<b>Total Fat (g)</b>	<b>2</b>
<b>Sodium (mg)</b>	<b>918</b>
<b>Total Carb (g)</b>	<b>6</b>
Dietary Fiber (g)	0
<b>Protein (g)</b>	<b>28</b>
Vitamin C (mg)	0
Vitamin A (IU)	93
Calcium (mg)	138

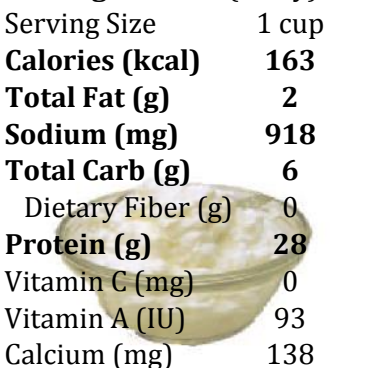


Image credit: Fastily, Wikimedia commons

# 5

## Ice cream (Dairy)

Serving Size	1.5 cup
<b>Calories (kcal)</b>	<b>411</b>
<b>Total Fat (g)</b>	<b>21</b>
<b>Sodium (mg)</b>	<b>159</b>
<b>Total Carb (g)</b>	<b>48</b>
Dietary Fiber (g)	3
<b>Protein (g)</b>	<b>6</b>
Vitamin C (mg)	12
Vitamin A (IU)	834
Calcium (mg)	252

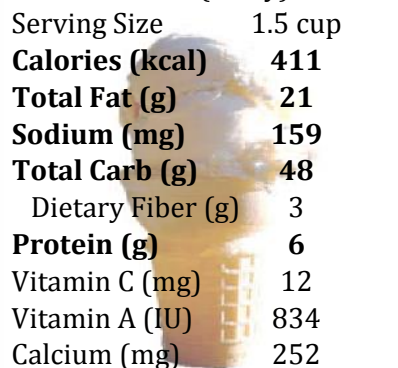


Image credit: Steven Depolo, Wikimedia commons

# 35

## Chicken, skinless (protein)

Serving Size	2 oz
<b>Calories (kcal)</b>	<b>134</b>
<b>Total Fat (g)</b>	<b>5</b>
<b>Sodium (mg)</b>	<b>60</b>
<b>Total Carb (g)</b>	<b>0</b>
Dietary Fiber (g)	0
<b>Protein (g)</b>	<b>20</b>
Vitamin C (mg)	0
Vitamin A (IU)	38
Calcium (mg)	11

Image credit: H padleckas, Wikimedia commons

# 30

## Steak, beef (protein)

Serving Size	2 oz
<b>Calories (kcal)</b>	<b>116</b>
<b>Total Fat (g)</b>	<b>5</b>
<b>Sodium (mg)</b>	<b>23</b>
<b>Total Carb (g)</b>	<b>0</b>
Dietary Fiber (g)	0
<b>Protein (g)</b>	<b>17</b>
Vitamin C (mg)	0
Vitamin A (IU)	0
Calcium (mg)	4

Image credit: Jun Seita, Flickr

# 25

## Salmon, canned (protein)

Serving Size	2 oz
<b>Calories (kcal)</b>	<b>74</b>
<b>Total Fat (g)</b>	<b>3</b>
<b>Sodium (mg)</b>	<b>230</b>
<b>Total Carb (g)</b>	<b>0</b>
Dietary Fiber (g)	0
<b>Protein (g)</b>	<b>11</b>
Vitamin C (mg)	0
Vitamin A (IU)	32
Calcium (mg)	123

Image credit: James Bowe, Flickr

# 20

## Firm tofu (Protein)

Serving Size	1/2 cup-2 oz.
<b>Calories (kcal)</b>	<b>88</b>
<b>Total Fat (g)</b>	<b>6</b>
<b>Sodium (mg)</b>	<b>16</b>
<b>Total Carb (g)</b>	<b>2</b>
Dietary Fiber (g)	2
<b>Protein (g)</b>	<b>10</b>
Vitamin C (mg)	0
Vitamin A (IU)	0
Calcium (mg)	254

Image credit: Julia Frost, Flickr

# 15

## Peanut butter (protein)

Serving Size	2 Tbsp
<b>Calories (kcal)</b>	<b>188</b>
<b>Total Fat (g)</b>	<b>16</b>
<b>Sodium (mg)</b>	<b>152</b>
<b>Total Carb (g)</b>	<b>8</b>
Dietary Fiber (g)	2
<b>Protein (g)</b>	<b>7</b>
Vitamin C (mg)	0
Vitamin A (IU)	0
Calcium (mg)	17

Image credit: LinasD, Wikimedia commons

# 10

## Refried beans (Protein)

Serving Size	1/2 cup-2 oz.
<b>Calories (kcal)</b>	<b>100</b>
<b>Total Fat (g)</b>	<b>1</b>
<b>Sodium (mg)</b>	<b>520</b>
<b>Total Carb (g)</b>	<b>16</b>
Dietary Fiber (g)	6
<b>Protein (g)</b>	<b>6</b>
Vitamin C (mg)	0
Vitamin A (IU)	0
Calcium (mg)	42

Image credit: christman26, Flickr

# 5

## Almonds (Protein)

Serving Size	1 oz.
<b>Calories (kcal)</b>	<b>164</b>
<b>Total Fat (g)</b>	<b>47</b>
<b>Sodium (mg)</b>	<b>0</b>
<b>Total Carb (g)</b>	<b>6</b>
Dietary Fiber (g)	4
<b>Protein (g)</b>	<b>6</b>
Vitamin C (mg)	0
Vitamin A (IU)	1
Calcium (mg)	76

# 35

## Whole wheat bread (Grain)

Serving Size	2 slices
<b>Calories (kcal)</b>	<b>162</b>
<b>Total Fat (g)</b>	<b>2</b>
<b>Sodium (mg)</b>	<b>292</b>
<b>Total Carb (g)</b>	<b>28</b>
Dietary Fiber (g)	4
<b>Protein (g)</b>	<b>8</b>
Vitamin C (mg)	0
Vitamin A (IU)	2
Calcium (mg)	104

Image credit: Amber Karnes, Flickr

# 30

## Corn tortilla (Grain)

Serving Size	2 tortillas
<b>Calories (kcal)</b>	<b>124</b>
<b>Total Fat (g)</b>	<b>2</b>
<b>Sodium (mg)</b>	<b>26</b>
<b>Total Carb (g)</b>	<b>26</b>
Dietary Fiber (g)	4
<b>Protein (g)</b>	<b>3</b>
Vitamin C (mg)	0
Vitamin A (IU)	1
Calcium (mg)	46

Image credit: Jemaleddin Cole, Flickr

25

**Brown rice (grain)**

Serving Size	1 cup
<b>Calories (kcal)</b>	<b>216</b>
<b>Total Fat (g)</b>	<b>2</b>
<b>Sodium (mg)</b>	<b>10</b>
<b>Total Carb (g)</b>	<b>46</b>
Dietary Fiber (g)	4
<b>Protein (g)</b>	<b>6</b>
Vitamin C (mg)	0
Vitamin A (IU)	0
Calcium (mg)	20

Image credit: Jules, Flickr

20

**Couscous (grain)**

Serving Size	1 cup
<b>Calories (kcal)</b>	<b>176</b>
<b>Total Fat (g)</b>	<b>0</b>
<b>Sodium (mg)</b>	<b>8</b>
<b>Total Carb (g)</b>	<b>36</b>
Dietary Fiber (g)	2
<b>Protein (g)</b>	<b>6</b>
Vitamin C (mg)	0
Vitamin A (IU)	0
Calcium (mg)	12

Image credit: Yahti.com, Flickr

15

**White rice (grain)**

Serving Size	1 cup
<b>Calories (kcal)</b>	<b>194</b>
<b>Total Fat (g)</b>	<b>1</b>
<b>Sodium (mg)</b>	<b>4</b>
<b>Total Carb (g)</b>	<b>42</b>
Dietary Fiber (g)	2
<b>Protein (g)</b>	<b>4</b>
Vitamin C (mg)	0
Vitamin A (IU)	0
Calcium (mg)	30

10

**Pasta noodles, cooked (grain)**

Serving Size	1 cup
<b>Calories (kcal)</b>	<b>211</b>
<b>Total Fat (g)</b>	<b>1</b>
<b>Sodium (mg)</b>	<b>3</b>
<b>Total Carb (g)</b>	<b>43</b>
Dietary Fiber (g)	2
<b>Protein (g)</b>	<b>7</b>
Vitamin C (mg)	0
Vitamin A (IU)	0
Calcium (mg)	12

Image credit: Julia Frost, Flickr

5

**White bread (grain)**

Serving Size	2 slices
<b>Calories (kcal)</b>	<b>154</b>
<b>Total Fat (g)</b>	<b>2</b>
<b>Sodium (mg)</b>	<b>284</b>
<b>Total Carb (g)</b>	<b>28</b>
Dietary Fiber (g)	2
<b>Protein (g)</b>	<b>6</b>
Vitamin C (mg)	0
Vitamin A (IU)	0
Calcium (mg)	84

Image credit: LinasD, Wikimedia commons

-50



-40



-30



-10



Image credit: camknows, Flickr