

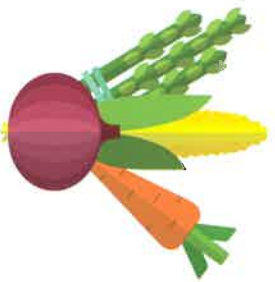
MyIdahoPlate



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**Idaho farmers and ranchers
grow nearly 200 different crops to fill your plate
and plates around the world!**





Vegetables

In addition to our famous potatoes, Idaho grows asparagus, beets, corn, tomatoes and more! Eat a variety of colorful vegetables to get important vitamins and minerals.



Idaho is number one in the nation and grows over 13 BILLION pounds of potatoes every year including red, blue, purple and golden varieties!

Enjoy 2.5 cups every day



Protein

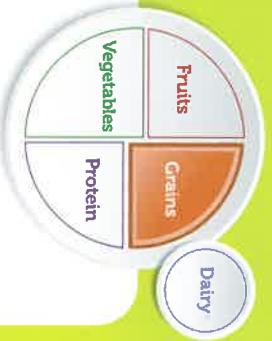
Protein builds muscles and gives you energy. Idaho ranchers raise beef, lamb, pork and even elk and buffalo.



Idaho also grows high-protein dry beans, lentils and garbanzo beans and is first in the nation in trout production!



Enjoy 5.5 OZ every day



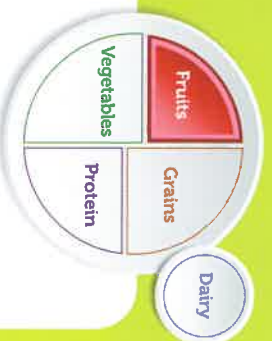
Grains

Grains are a healthy source of fiber and give us energy! In Idaho we grow wheat, barley and oats. Idaho farmers grow enough wheat each year to make about 1.7 BILLION loaves of bread.



Idaho wheat is made into much more than bread – and some even goes to feed children in other countries

Enjoy 6 OZ every day



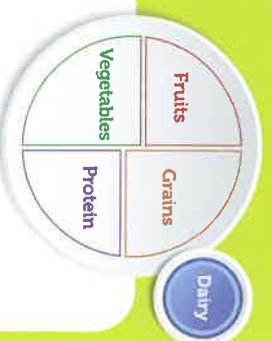
Fruits

Idaho fruits are allowed to ripen naturally on the tree, making them sweet and juicy. Apples, cherries, peaches, melons, berries and grapes grown in our state are delicious sources of vitamins and fiber.



Did you know Idaho scientists developed a new donut peach – shaped like a doughnut and just as sweet!

Enjoy 2 cups every day



Dairy

Idaho milk, cheese and yogurt provide calcium for strong bones, Vitamin D and protein. Dairy is Idaho's largest agriculture industry and adds over \$5 BILLION to our state's economy.



Idaho produces enough milk to give each Idahoan over 40 glasses of milk EVERY DAY.

Enjoy 2-3 cups every day

