

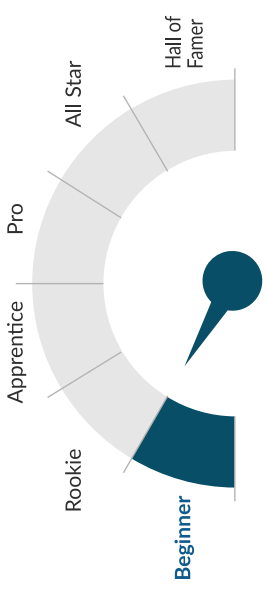


You're a MyPlate Beginner!

Hey Asif!

Here are your results.

Completed: 23-Oct-2021



Fruits

How often do you eat from the
Fruit Group?

☐ Never/Rarely

☒ Occasionally
Your Answer

☐ Often/Always
Recommended



Vegetables

How often do you eat from the
Vegetable Group?

☐ Never/Rarely

☒ Occasionally
Your Answer

☐ Often/Always
Recommended

How often do you eat dark green
vegetables?

☐ Never/Rarely

☒ Occasionally
Your Answer

☐ Often/Always
Recommended

How often do you eat red and
orange vegetables?

☒ Never/Rarely
Your Answer

☐ Occasionally

☐ Often/Always
Recommended

How often do you eat beans,
peas, and lentils?

☐ Never/Rarely

☒ Occasionally
Your Answer

☐ Often/Always
Recommended



Grains

You're doing great!



How often do you eat from the Grains Group?

☐ Never/Rarely

☐ Occasionally

☒ Often/Always
Your Answer

How often do you eat whole grains?

☐ Never/Rarely

☐ Occasionally

☒ Often/Always
Your Answer



Protein Foods

How often do you eat from the Protein Foods Group?

☐ Never/Rarely

☒ Occasionally
Your Answer

☐ Often/Always
Recommended

How often do you eat seafood per week?

☐ Never

☐ Once per week

☒ 2+ times per week
Your Answer

How often do you eat other Protein Foods?

☒ Never/Rarely
Your Answer

☐ Occasionally

☐ Often/Always
Recommended



Dairy

How often do you eat from the Dairy Group?

☒ Never/Rarely
Your Answer

☐ Occasionally

☐ Often/Always
Recommended

How often do you drink low-fat (1%) or fat-free (0%) dairy milk?

☒ Never/Rarely
Your Answer

☐ Occasionally

☐ Often/Always
Recommended

How often do you drink lactose-free milk or fortified soy beverages (soymilk)?

☒ Never/Rarely
Your Answer

☐ Occasionally

☐ Often/Always
Recommended