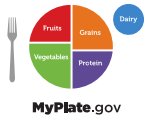




United States Department of Agriculture

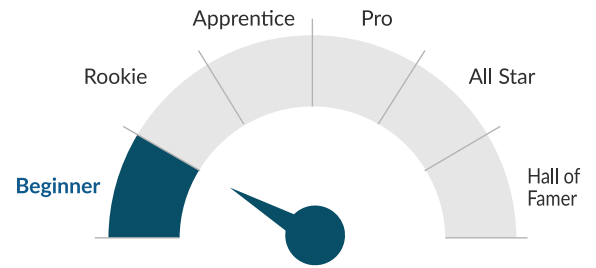


## You're a MyPlate Beginner!

**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