

## MyPlate

The MyPlate Food Guide report displays graphically how close the foodlist compares to the latest USDA Dietary Guidelines (see [MyPlate.gov](https://www.MyPlate.gov) for more info).

### Profile Info

Personal: Lauram Forbes   Female   25 yrs   5 ft 8 in   110 lb

Day(s): 2025 Sep 29 (All)

Activity Level: Low Active

(Strive for an Active activity level.)

BMI: 16.7

Normal is 18.5 to 25.

Weight Change: Gain 0.5 lb per week

Best not to exceed 2 lbs per week.



## Intake vs. Recommendation 2400 Calorie Pattern

Group	Percent	Comparison	Amount	*
Grains Intake	42 %		3.4 oz equivalent	
Grains Recommendation			8.0 oz equivalent	
Vegetables Intake	74 %		2.2 cup equivalent	
Vegetables Recommendation			3.0 cup equivalent	
Fruits Intake	134 %		2.7 cup equivalent	
Fruits Recommendation			2.0 cup equivalent	
Dairy Intake	39 %		1.2 cup equivalent	
Dairy Recommendation			3.0 cup equivalent	
Protein Foods Intake	139 %		9.0 oz equivalent	
Protein Foods Recommendation			6.5 oz equivalent	

### Make Half Your Grains Whole

Aim for at least 4.0 oz equivalents whole grains a day

### Oils & Empty Calories

Aim for 7.0 teaspoons of oils a day

Limit your extra fats & sugars to 362 Calories

### Vary Your Vegetables

Dark Green Vegetables	3.0 cups
Orange Vegetables	2.0 cups
Dry Beans & Peas	3.0 cups
Starchy Vegetables	6.0 cups
Other Vegetables	7.0 cups

\* oz equivalent is a 1 ounce estimate, rounded to consumer friendly units. For example, an oz equivalent of Grains is 1 slice of bread, or 1/2 cup of rice. An oz equivalent of Protein Foods 1 oz of meat, 1 egg, or 1/4 cup cooked beans.