



United States Department of Agriculture



MyPlate Daily Checklist

Find your Healthy Eating Style

Everything you eat and drink matters. Find your healthy eating style that reflects your preferences, culture, traditions, and budget—and maintain it for a lifetime! The right mix can help you be healthier now and into the future. The key is choosing a variety of foods and beverages from each food group—and *making sure that each choice is limited in saturated fat, sodium, and added sugars*. Start with small changes—“*MyWins*”—to make healthier choices you can enjoy.

Food Group Amounts for 1,000 Calories a Day

Fruits	Vegetables	Grains	Protein	Dairy
1 cup Focus on whole fruits Focus on whole fruits that are fresh, frozen, canned, or dried.	1 cup Vary your veggies Choose a variety of colorful fresh, frozen, and canned vegetables—make sure to include dark green, red, and orange choices.	3 ounces Make half your grains whole grains Find whole-grain foods by reading the Nutrition Facts label and ingredients list.	2 ounces Vary your protein routine Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry.	2 cups Move to low-fat or fat-free milk or yogurt Choose fat-free milk, yogurt, and soy beverages (soy milk) to cut back on your saturated fat.



Drink and eat less sodium, saturated fat, and added sugars. Limit:

- Sodium to 1,500 milligrams a day.
- Saturated fat to 11 grams a day.
- Added sugars to 25 grams a day.

Be active your way: Children 2 to 5 years old should play actively every day.

Use SuperTracker to create a personal plan based on your age, sex, height, weight, and physical activity level.

SuperTracker.usda.gov

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Food group targets for a 1,000 calorie* pattern are:

Write your food choices for each food group

Did you reach your target?

 Fruits	1 cup 1 cup of fruits counts as <ul style="list-style-type: none"> • 1 cup raw or cooked fruit; or • 1/2 cup dried fruit; or • 1 cup 100% fruit juice. 	<hr/> <hr/> <hr/>	<input type="checkbox"/> Y <input type="checkbox"/> N	 Limit	Limit: <ul style="list-style-type: none"> • Sodium to 1,500 milligrams a day. • Saturated fat to 11 grams a day. • Added sugars to 25 grams a day.
 Vegetables	1 cup 1 cup vegetables counts as <ul style="list-style-type: none"> • 1 cup raw or cooked vegetables; or • 2 cups leafy salad greens; or • 1 cup 100% vegetable juice. 	<hr/> <hr/> <hr/>	<input type="checkbox"/> Y <input type="checkbox"/> N		<input type="checkbox"/> Y <input type="checkbox"/> N
 Grains	3 ounce equivalents 1 ounce of grains counts as <ul style="list-style-type: none"> • 1 slice bread; or • 1 ounce ready-to-eat cereal; or • 1/2 cup cooked rice, pasta, or cereal. 	<hr/> <hr/> <hr/>	<input type="checkbox"/> Y <input type="checkbox"/> N	 Activity	Be active your way: <ul style="list-style-type: none"> • Children 2 to 5 years old should play actively every day.
 Protein	2 ounce equivalents 1 ounce of protein counts as <ul style="list-style-type: none"> • 1 ounce lean meat, poultry, or seafood; or • 1 egg; or • 1 Tbsp peanut butter; or • 1/4 cup cooked beans or peas; or • 1/2 ounce nuts or seeds. 	<hr/> <hr/> <hr/>	<input type="checkbox"/> Y <input type="checkbox"/> N		<input type="checkbox"/> Y <input type="checkbox"/> N
 Dairy	2 cups 1 cup of dairy counts as <ul style="list-style-type: none"> • 1 cup milk; or • 1 cup yogurt; or • 1 cup fortified soy beverage; or • 1 1/2 ounces natural cheese or 2 ounces processed cheese. 	<hr/> <hr/> <hr/>	<input type="checkbox"/> Y <input type="checkbox"/> N		<small>* This 1,000 calorie pattern is only an estimate of your needs. Monitor your body weight and adjust your calories if needed.</small>

MyWins



Track your MyPlate, MyWins

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Food Group Amounts for 1,200 Calories a Day

Fruits	Vegetables	Grains	Protein	Dairy
1 cup Focus on whole fruits Focus on whole fruits that are fresh, frozen, canned, or dried.	1 1/2 cups Vary your veggies Choose a variety of colorful fresh, frozen, and canned vegetables—make sure to include dark green, red, and orange choices.	4 ounces Make half your grains whole grains Find whole-grain foods by reading the Nutrition Facts label and ingredients list.	3 ounces Vary your protein routine Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry.	2 1/2 cups Move to low-fat or fat-free milk or yogurt Choose fat-free milk, yogurt, and soy beverages (soy milk) to cut back on your saturated fat.



Drink and eat less sodium, saturated fat, and added sugars. Limit:

- Sodium to 1,500 milligrams a day.
- Saturated fat to 13 grams a day.
- Added sugars to 30 grams a day.

Be active your way: Children 2 to 5 years old should play actively every day.

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 Fruits 1 cup 1 cup of fruits counts as <ul style="list-style-type: none"> • 1 cup raw or cooked fruit; or • 1/2 cup dried fruit; or • 1 cup 100% fruit juice. 	<hr/> <hr/> <hr/>	<input type="checkbox"/> Y <input type="checkbox"/> N	 Limit <ul style="list-style-type: none"> • Sodium to 1,500 milligrams a day. • Saturated fat to 13 grams a day. • Added sugars to 30 grams a day.
 Vegetables 1 1/2 cups 1 cup vegetables counts as <ul style="list-style-type: none"> • 1 cup raw or cooked vegetables; or • 2 cups leafy salad greens; or • 1 cup 100% vegetable juice. 	<hr/> <hr/> <hr/>	<input type="checkbox"/> Y <input type="checkbox"/> N	
 Grains 4 ounce equivalents 1 ounce of grains counts as <ul style="list-style-type: none"> • 1 slice bread; or • 1 ounce ready-to-eat cereal; or • 1/2 cup cooked rice, pasta, or cereal. 	<hr/> <hr/> <hr/>	<input type="checkbox"/> Y <input type="checkbox"/> N	 Activity <ul style="list-style-type: none"> • Children 2 to 5 years old should play actively every day.
 Protein 3 ounce equivalents 1 ounce of protein counts as <ul style="list-style-type: none"> • 1 ounce lean meat, poultry, or seafood; or • 1 egg; or • 1 Tbsp peanut butter; or • 1/4 cup cooked beans or peas; or • 1/2 ounce nuts or seeds. 	<hr/> <hr/> <hr/>	<input type="checkbox"/> Y <input type="checkbox"/> N	
 Dairy 2 1/2 cups 1 cup of dairy counts as <ul style="list-style-type: none"> • 1 cup milk; or • 1 cup yogurt; or • 1 cup fortified soy beverage; or • 1 1/2 ounces natural cheese or 2 ounces processed cheese. 	<hr/> <hr/> <hr/>	<input type="checkbox"/> Y <input type="checkbox"/> N	

* This 1,200 calorie pattern is only an estimate of your needs. Monitor your body weight and adjust your calories if needed.

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Food Group Amounts for 1,400 Calories a Day

Fruits	Vegetables	Grains	Protein	Dairy
1 1/2 cups Focus on whole fruits Focus on whole fruits that are fresh, frozen, canned, or dried.	1 1/2 cups Vary your veggies Choose a variety of colorful fresh, frozen, and canned vegetables—make sure to include dark green, red, and orange choices.	5 ounces Make half your grains whole grains Find whole-grain foods by reading the Nutrition Facts label and ingredients list.	4 ounces Vary your protein routine Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry.	2 1/2 cups Move to low-fat or fat-free milk or yogurt Choose fat-free milk, yogurt, and soy beverages (soy milk) to cut back on your saturated fat.



Drink and eat less sodium, saturated fat, and added sugars. Limit:

- Sodium to 1,500 milligrams a day.
- Saturated fat to 16 grams a day.
- Added sugars to 35 grams a day.

Be active your way: Children 2 to 5 years old should play actively every day.

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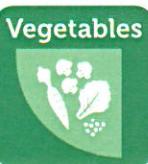
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 Fruits 1 1/2 cups 1 cup of fruits counts as <ul style="list-style-type: none"> • 1 cup raw or cooked fruit; or • 1/2 cup dried fruit; or • 1 cup 100% fruit juice. 		<input type="checkbox"/> Y <input type="checkbox"/> N	 Limit <ul style="list-style-type: none"> • Sodium to 1,500 milligrams a day. • Saturated fat to 16 grams a day. • Added sugars to 35 grams a day. 	<input type="checkbox"/> Y <input type="checkbox"/> N
 Vegetables 1 1/2 cups 1 cup vegetables counts as <ul style="list-style-type: none"> • 1 cup raw or cooked vegetables; or • 2 cups leafy salad greens; or • 1 cup 100% vegetable juice. 		<input type="checkbox"/> Y <input type="checkbox"/> N	 Activity <ul style="list-style-type: none"> • Children 2 to 5 years old should play actively every day. 	<input type="checkbox"/> Y <input type="checkbox"/> N
 Grains 5 ounce equivalents 1 ounce of grains counts as <ul style="list-style-type: none"> • 1 slice bread; or • 1 ounce ready-to-eat cereal; or • 1/2 cup cooked rice, pasta, or cereal. 		<input type="checkbox"/> Y <input type="checkbox"/> N	 Activity <ul style="list-style-type: none"> • Children 2 to 5 years old should play actively every day. 	<input type="checkbox"/> Y <input type="checkbox"/> N
 Protein 4 ounce equivalents 1 ounce of protein counts as <ul style="list-style-type: none"> • 1 ounce lean meat, poultry, or seafood; or • 1 egg; or • 1 Tbsp peanut butter; or • 1/4 cup cooked beans or peas; or • 1/2 ounce nuts or seeds. 		<input type="checkbox"/> Y <input type="checkbox"/> N	 Activity <ul style="list-style-type: none"> • Children 2 to 5 years old should play actively every day. 	<input type="checkbox"/> Y <input type="checkbox"/> N
 Dairy 2 1/2 cups 1 cup of dairy counts as <ul style="list-style-type: none"> • 1 cup milk; or • 1 cup yogurt; or • 1 cup fortified soy beverage; or • 1 1/2 ounces natural cheese or 2 ounces processed cheese. 		<input type="checkbox"/> Y <input type="checkbox"/> N	 Activity <ul style="list-style-type: none"> • Children 2 to 5 years old should play actively every day. 	<input type="checkbox"/> Y <input type="checkbox"/> N

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Food Group Amounts for 1,600 Calories a Day

Fruits	Vegetables	Grains	Protein	Dairy
1 1/2 cups Focus on whole fruits Focus on whole fruits that are fresh, frozen, canned, or dried.	2 cups Vary your veggies Choose a variety of colorful fresh, frozen, and canned vegetables—make sure to include dark green, red, and orange choices.	5 ounces Make half your grains whole grains Find whole-grain foods by reading the Nutrition Facts label and ingredients list.	5 ounces Vary your protein routine Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry.	2 1/2 cups Move to low-fat or fat-free milk or yogurt Choose fat-free milk, yogurt, and soy beverages (soy milk) to cut back on your saturated fat.



Drink and eat less sodium, saturated fat, and added sugars. Limit:

- Sodium to 1,900 milligrams a day.
- Saturated fat to 18 grams a day.
- Added sugars to 40 grams a day.

Be active your way: Children 2 to 5 years old should play actively every day. Children 6 to 17 years old should move at least 60 minutes every day.

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Food group targets for a 1,600 calorie* pattern are:

Write your food choices for each food group

Did you reach your target?

 <p>Fruits</p> <p>1 1/2 cups</p> <p>1 cup of fruits counts as</p> <ul style="list-style-type: none"> • 1 cup raw or cooked fruit; or • 1/2 cup dried fruit; or • 1 cup 100% fruit juice. 	<hr/> <hr/> <hr/>	<input type="checkbox"/> Y <input type="checkbox"/> N	 <p>Limit</p> <ul style="list-style-type: none"> • Sodium to 1,900 milligrams a day. • Saturated fat to 18 grams a day. • Added sugars to 40 grams a day. 	<input type="checkbox"/> Y <input type="checkbox"/> N		
 <p>Vegetables</p> <p>2 cups</p> <p>1 cup vegetables counts as</p> <ul style="list-style-type: none"> • 1 cup raw or cooked vegetables; or • 2 cups leafy salad greens; or • 1 cup 100% vegetable juice. 	<hr/> <hr/> <hr/>	<input type="checkbox"/> Y <input type="checkbox"/> N				
 <p>Grains</p> <p>5 ounce equivalents</p> <p>1 ounce of grains counts as</p> <ul style="list-style-type: none"> • 1 slice bread; or • 1 ounce ready-to-eat cereal; or • 1/2 cup cooked rice, pasta, or cereal. 	<hr/> <hr/> <hr/>	<input type="checkbox"/> Y <input type="checkbox"/> N	 <p>Activity</p> <ul style="list-style-type: none"> • Children 2 to 5 years old should play actively every day. • Children 6 to 17 years old should move at least 60 minutes every day. 	<input type="checkbox"/> Y <input type="checkbox"/> N		
 <p>Protein</p> <p>5 ounce equivalents</p> <p>1 ounce of protein counts as</p> <ul style="list-style-type: none"> • 1 ounce lean meat, poultry, or seafood; or • 1 egg; or • 1 Tbsp peanut butter; or • 1/4 cup cooked beans or peas; or • 1/2 ounce nuts or seeds. 	<hr/> <hr/> <hr/>	<input type="checkbox"/> Y <input type="checkbox"/> N				
 <p>Dairy</p> <p>2 1/2 cups</p> <p>1 cup of dairy counts as</p> <ul style="list-style-type: none"> • 1 cup milk; or • 1 cup yogurt; or • 1 cup fortified soy beverage; or • 1 1/2 ounces natural cheese or 2 ounces processed cheese. 	<hr/> <hr/> <hr/>	<input type="checkbox"/> Y <input type="checkbox"/> N				

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Food Group Amounts for 1,800 Calories a Day

Fruits	Vegetables	Grains	Protein	Dairy
1 1/2 cups Focus on whole fruits Focus on whole fruits that are fresh, frozen, canned, or dried.	2 1/2 cups Vary your veggies Choose a variety of colorful fresh, frozen, and canned vegetables—make sure to include dark green, red, and orange choices.	6 ounces Make half your grains whole grains Find whole-grain foods by reading the Nutrition Facts label and ingredients list.	5 ounces Vary your protein routine Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry.	2 1/2 cups Move to low-fat or fat-free milk or yogurt Choose fat-free milk, yogurt, and soy beverages (soy milk) to cut back on your saturated fat.



Drink and eat less sodium, saturated fat, and added sugars. Limit:

- Sodium to 1,900 milligrams a day.
- Saturated fat to 20 grams a day.
- Added sugars to 45 grams a day.

Be active your way: Children 2 to 5 years old should play actively every day. Children 6 to 17 years old should move at least 60 minutes every day.

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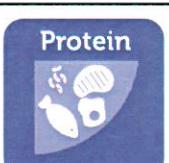
MyPlate Daily Checklist

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Food group targets for a 1,800 calorie* pattern are:

Write your food choices for each food group

Did you reach your target?

 Fruits	1 1/2 cups 1 cup of fruits counts as <ul style="list-style-type: none">• 1 cup raw or cooked fruit; or• 1/2 cup dried fruit; or• 1 cup 100% fruit juice.	_____	<input type="checkbox"/> Y <input type="checkbox"/> N	 Limit: <ul style="list-style-type: none">• Sodium to 1,900 milligrams a day.• Saturated fat to 20 grams a day.• Added sugars to 45 grams a day.
 Vegetables	2 1/2 cups 1 cup vegetables counts as <ul style="list-style-type: none">• 1 cup raw or cooked vegetables; or• 2 cups leafy salad greens; or• 1 cup 100% vegetable juice.	_____	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N
 Grains	6 ounce equivalents 1 ounce of grains counts as <ul style="list-style-type: none">• 1 slice bread; or• 1 ounce ready-to-eat cereal; or• 1/2 cup cooked rice, pasta, or cereal.	_____	<input type="checkbox"/> Y <input type="checkbox"/> N	 Be active your way: <ul style="list-style-type: none">• Children 2 to 5 years old should play actively every day.• Children 6 to 17 years old should move at least 60 minutes every day.
 Protein	5 ounce equivalents 1 ounce of protein counts as <ul style="list-style-type: none">• 1 ounce lean meat, poultry, or seafood; or• 1 egg; or• 1 Tbsp peanut butter; or• 1/4 cup cooked beans or peas; or• 1/2 ounce nuts or seeds.	_____	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N
 Dairy	2 1/2 cups 1 cup of dairy counts as <ul style="list-style-type: none">• 1 cup milk; or• 1 cup yogurt; or• 1 cup fortified soy beverage; or• 1 1/2 ounces natural cheese or 2 ounces processed cheese.	_____	<input type="checkbox"/> Y <input type="checkbox"/> N	

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Food Group Amounts for 2,000 Calories a Day

Fruits	Vegetables	Grains	Protein	Dairy
2 cups Focus on whole fruits Focus on whole fruits that are fresh, frozen, canned, or dried.	2 1/2 cups Vary your veggies Choose a variety of colorful fresh, frozen, and canned vegetables—make sure to include dark green, red, and orange choices.	6 ounces Make half your grains whole grains Find whole-grain foods by reading the Nutrition Facts label and ingredients list.	5 1/2 ounces Vary your protein routine Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry.	2 1/2 cups Move to low-fat or fat-free milk or yogurt Choose fat-free milk, yogurt, and soy beverages (soy milk) to cut back on your saturated fat.



Drink and eat less sodium, saturated fat, and added sugars. Limit:

- Sodium to 1,900 milligrams a day.
- Saturated fat to 22 grams a day.
- Added sugars to 50 grams a day.

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Write your food choices for each food group

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 Fruits 2 cups 1 cup of fruits counts as • 1 cup raw or cooked fruit; or • 1/2 cup dried fruit; or • 1 cup 100% fruit juice.	<hr/> <hr/> <hr/>	<input type="checkbox"/> Y <input type="checkbox"/> N	 Limit Limit: • Sodium to 1,900 milligrams a day. • Saturated fat to 22 grams a day. • Added sugars to 50 grams a day.
 Vegetables 2 1/2 cups 1 cup vegetables counts as • 1 cup raw or cooked vegetables; or • 2 cups leafy salad greens; or • 1 cup 100% vegetable juice.	<hr/> <hr/> <hr/>	<input type="checkbox"/> Y <input type="checkbox"/> N	
 Grains 6 ounce equivalents 1 ounce of grains counts as • 1 slice bread; or • 1 ounce ready-to-eat cereal; or • 1/2 cup cooked rice, pasta, or cereal.	<hr/> <hr/> <hr/>	<input type="checkbox"/> Y <input type="checkbox"/> N	 Activity Be active your way: • Children 2 to 5 years old should play actively every day. • Children 6 to 17 years old should move at least 60 minutes every day.
 Protein 5 1/2 ounce equivalents 1 ounce of protein counts as • 1 ounce lean meat, poultry, or seafood; or • 1 egg; or • 1 Tbsp peanut butter; or • 1/4 cup cooked beans or peas; or • 1/2 ounce nuts or seeds.	<hr/> <hr/> <hr/>	<input type="checkbox"/> Y <input type="checkbox"/> N	
 Dairy 2 1/2 cups 1 cup of dairy counts as • 1 cup milk; or • 1 cup yogurt; or • 1 cup fortified soy beverage; or • 1 1/2 ounces natural cheese or 2 ounces processed cheese.	<hr/> <hr/> <hr/>	<input type="checkbox"/> Y <input type="checkbox"/> N	

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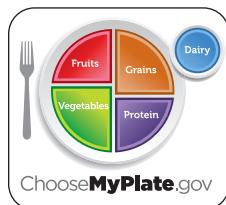


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MyPlate Plan

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Food Group Amounts for 2,200 Calories a Day

Fruits	Vegetables	Grains	Protein	Dairy
2 cups	3 cups	7 ounces	6 ounces	3 cups
Focus on whole fruits Focus on whole fruits that are fresh, frozen, canned, or dried.	Vary your veggies Choose a variety of colorful fresh, frozen, and canned vegetables—make sure to include dark green, red, and orange choices.	Make half your grains whole grains Find whole-grain foods by reading the Nutrition Facts label and ingredients list.	Vary your protein routine Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry.	Move to low-fat or fat-free milk or yogurt Choose fat-free milk, yogurt, and soy beverages (soy milk) to cut back on your saturated fat.



Drink and eat less sodium, saturated fat, and added sugars. Limit:

- Sodium to **2,300 milligrams** a day.
- Saturated fat to **24 grams** a day.
- Added sugars to **55 grams** a day.

Be active *your way*: Children 6 to 17 years old should move **60 minutes** every day. Adults should be physically active at least **2 1/2 hours** per week.

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Food group targets for a 2,200 calorie* pattern are:

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2 cups

- 1 cup of fruits counts as
- 1 cup raw or cooked fruit; or
 - 1/2 cup dried fruit; or
 - 1 cup 100% fruit juice.

 Y
 N


Limit:

- Sodium to **2,300 milligrams** a day.
- Saturated fat to **24 grams** a day.
- Added sugars to **55 grams** a day.

 Y N


3 cups

- 1 cup vegetables counts as
- 1 cup raw or cooked vegetables; or
 - 2 cups leafy salad greens; or
 - 1 cup 100% vegetable juice.

 Y
 N


7 ounce equivalents

- 1 ounce of grains counts as
- 1 slice bread; or
 - 1 ounce ready-to-eat cereal; or
 - 1/2 cup cooked rice, pasta, or cereal.

 Y
 N


Be active your way:

Adults:

- Be physically active at least **2 1/2 hours** per week.

Children 6 to 17 years old:

- Move at least **60 minutes** every day.

 Y N


6 ounce equivalents

- 1 ounce of protein counts as
- 1 ounce lean meat, poultry, or seafood; or
 - 1 egg; or
 - 1 Tbsp peanut butter; or
 - 1/4 cup cooked beans or peas; or
 - 1/2 ounce nuts or seeds.

 Y
 N


3 cups

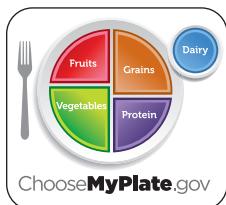
- 1 cup of dairy counts as
- 1 cup milk; or
 - 1 cup yogurt; or
 - 1 cup fortified soy beverage; or
 - 1 1/2 ounces natural cheese or 2 ounces processed cheese.

 Y
 N

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Food Group Amounts for 2,400 Calories a Day

Fruits	Vegetables	Grains	Protein	Dairy
2 cups	3 cups	8 ounces	6 1/2 ounces	3 cups
Focus on whole fruits Focus on whole fruits that are fresh, frozen, canned, or dried.	Vary your veggies Choose a variety of colorful fresh, frozen, and canned vegetables—make sure to include dark green, red, and orange choices.	Make half your grains whole grains Find whole-grain foods by reading the Nutrition Facts label and ingredients list.	Vary your protein routine Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry.	Move to low-fat or fat-free milk or yogurt Choose fat-free milk, yogurt, and soy beverages (soy milk) to cut back on your saturated fat.



Drink and eat less sodium, saturated fat, and added sugars. Limit:

- Sodium to **2,300 milligrams** a day.
- Saturated fat to **27 grams** a day.
- Added sugars to **60 grams** a day.

Be active *your way*: Children 6 to 17 years old should move **60 minutes** every day. Adults should be physically active at least **2 1/2 hours** per week.

MyPlate Plan

Write down the foods you ate today and track your daily MyPlate, MyWins!

Food group targets for a 2,400 calorie* pattern are:

Write your food choices for each food group

Did you reach your target?



2 cups

- 1 cup of fruits counts as
- 1 cup raw or cooked fruit; or
 - 1/2 cup dried fruit; or
 - 1 cup 100% fruit juice.

 Y
 N


Limit:

- Sodium to **2,300 milligrams** a day.
- Saturated fat to **27 grams** a day.
- Added sugars to **60 grams** a day.

 Y N


3 cups

- 1 cup vegetables counts as
- 1 cup raw or cooked vegetables; or
 - 2 cups leafy salad greens; or
 - 1 cup 100% vegetable juice.

 Y
 N


8 ounce equivalents

- 1 ounce of grains counts as
- 1 slice bread; or
 - 1 ounce ready-to-eat cereal; or
 - 1/2 cup cooked rice, pasta, or cereal.

 Y
 N


Be active your way:

Adults:

- Be physically active at least **2 1/2 hours** per week.

Children 6 to 17 years old:

- Move at least **60 minutes** every day.

 Y N


6 1/2 ounce equivalents

- 1 ounce of protein counts as
- 1 ounce lean meat, poultry, or seafood; or
 - 1 egg; or
 - 1 Tbsp peanut butter; or
 - 1/4 cup cooked beans or peas; or
 - 1/2 ounce nuts or seeds.

 Y
 N


3 cups

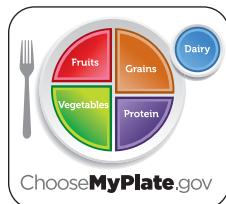
- 1 cup of dairy counts as
- 1 cup milk; or
 - 1 cup yogurt; or
 - 1 cup fortified soy beverage; or
 - 1 1/2 ounces natural cheese or 2 ounces processed cheese.

 Y
 N

* This 2,400 calorie pattern is only an estimate of your needs. Monitor your body weight and adjust your calories if needed.



Track your MyPlate, MyWins



MyPlate Plan

Find your Healthy Eating Style

Everything you eat and drink matters. Find your healthy eating style that reflects your preferences, culture, traditions, and budget—and maintain it for a lifetime! The right mix can help you be healthier now and into the future. The key is choosing a variety of foods and beverages from each food group—and *making sure that each choice is limited in saturated fat, sodium, and added sugars*. Start with small changes—“**MyWins**”—to make healthier choices you can enjoy.

Food Group Amounts for 2,600 Calories a Day

Fruits	Vegetables	Grains	Protein	Dairy
2 cups	3 1/2 cups	9 ounces	6 1/2 ounces	3 cups
Focus on whole fruits Focus on whole fruits that are fresh, frozen, canned, or dried.	Vary your veggies Choose a variety of colorful fresh, frozen, and canned vegetables—make sure to include dark green, red, and orange choices.	Make half your grains whole grains Find whole-grain foods by reading the Nutrition Facts label and ingredients list.	Vary your protein routine Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry.	Move to low-fat or fat-free milk or yogurt Choose fat-free milk, yogurt, and soy beverages (soy milk) to cut back on your saturated fat.



Drink and eat less sodium, saturated fat, and added sugars. Limit:

- Sodium to **2,300 milligrams** a day.
- Saturated fat to **29 grams** a day.
- Added sugars to **65 grams** a day.

Be active *your way*: Children 6 to 17 years old should move **60 minutes** every day. Adults should be physically active at least **2 1/2 hours** per week.

MyPlate Plan

Write down the foods you ate today and track your daily MyPlate, MyWins!

Food group targets for a 2,600 calorie* pattern are:

Write your food choices for each food group

Did you reach your target?



2 cups

- 1 cup of fruits counts as
- 1 cup raw or cooked fruit; or
 - 1/2 cup dried fruit; or
 - 1 cup 100% fruit juice.

 Y
 N


Limit:

- Sodium to **2,300 milligrams** a day.
- Saturated fat to **29 grams** a day.
- Added sugars to **65 grams** a day.

 Y N


3 1/2 cups

- 1 cup vegetables counts as
- 1 cup raw or cooked vegetables; or
 - 2 cups leafy salad greens; or
 - 1 cup 100% vegetable juice.

 Y
 N


9 ounce equivalents

- 1 ounce of grains counts as
- 1 slice bread; or
 - 1 ounce ready-to-eat cereal; or
 - 1/2 cup cooked rice, pasta, or cereal.

 Y
 N


Be active your way:

Adults:

- Be physically active at least **2 1/2 hours** per week.

Children 6 to 17 years old:

- Move at least **60 minutes** every day.

 Y N


6 1/2 ounce equivalents

- 1 ounce of protein counts as
- 1 ounce lean meat, poultry, or seafood; or
 - 1 egg; or
 - 1 Tbsp peanut butter; or
 - 1/4 cup cooked beans or peas; or
 - 1/2 ounce nuts or seeds.

 Y
 N


3 cups

- 1 cup of dairy counts as
- 1 cup milk; or
 - 1 cup yogurt; or
 - 1 cup fortified soy beverage; or
 - 1 1/2 ounces natural cheese or 2 ounces processed cheese.

 Y
 N

* This 2,600 calorie pattern is only an estimate of your needs. Monitor your body weight and adjust your calories if needed.

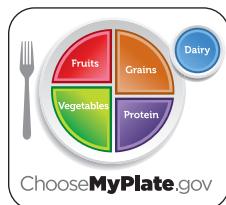


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January 2016

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MyPlate Plan

Find your Healthy Eating Style

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Food Group Amounts for 2,800 Calories a Day

Fruits	Vegetables	Grains	Protein	Dairy
2 1/2 cups	3 1/2 cups	10 ounces	7 ounces	3 cups
Focus on whole fruits Focus on whole fruits that are fresh, frozen, canned, or dried.	Vary your veggies Choose a variety of colorful fresh, frozen, and canned vegetables—make sure to include dark green, red, and orange choices.	Make half your grains whole grains Find whole-grain foods by reading the Nutrition Facts label and ingredients list.	Vary your protein routine Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry.	Move to low-fat or fat-free milk or yogurt Choose fat-free milk, yogurt, and soy beverages (soy milk) to cut back on your saturated fat.



Drink and eat less sodium, saturated fat, and added sugars. Limit:

- Sodium to **2,300 milligrams** a day.
- Saturated fat to **31 grams** a day.
- Added sugars to **70 grams** a day.

Be active *your way*: Children 6 to 17 years old should move **60 minutes** every day. Adults should be physically active at least **2 1/2 hours** per week.

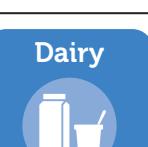
MyPlate Plan

Write down the foods you ate today and track your daily MyPlate, MyWins!

Food group targets for a 2,800 calorie* pattern are:

Write your food choices for each food group

Did you reach your target?

 Fruits 2 1/2 cups 1 cup of fruits counts as • 1 cup raw or cooked fruit; or • 1/2 cup dried fruit; or • 1 cup 100% fruit juice.	<hr/> <hr/> <hr/>	<input type="checkbox"/> Y <input type="checkbox"/> N	 Limit Sodium to 2,300 milligrams a day. Saturated fat to 31 grams a day. Added sugars to 70 grams a day.
 Vegetables 3 1/2 cups 1 cup vegetables counts as • 1 cup raw or cooked vegetables; or • 2 cups leafy salad greens; or • 1 cup 100% vegetable juice.	<hr/> <hr/> <hr/>	<input type="checkbox"/> Y <input type="checkbox"/> N	 Activity Be active your way: Adults: • Be physically active at least 2 1/2 hours per week.
 Grains 10 ounce equivalents 1 ounce of grains counts as • 1 slice bread; or • 1 ounce ready-to-eat cereal; or • 1/2 cup cooked rice, pasta, or cereal.	<hr/> <hr/> <hr/>	<input type="checkbox"/> Y <input type="checkbox"/> N	Children 6 to 17 years old: • Move at least 60 minutes every day.
 Protein 7 ounce equivalents 1 ounce of protein counts as • 1 ounce lean meat, poultry, or seafood; or • 1 egg; or • 1 Tbsp peanut butter; or • 1/4 cup cooked beans or peas; or • 1/2 ounce nuts or seeds.	<hr/> <hr/> <hr/>	<input type="checkbox"/> Y <input type="checkbox"/> N	 Activity Be active your way: Adults: • Be physically active at least 2 1/2 hours per week.
 Dairy 3 cups 1 cup of dairy counts as • 1 cup milk; or • 1 cup yogurt; or • 1 cup fortified soy beverage; or • 1 1/2 ounces natural cheese or 2 ounces processed cheese.	<hr/> <hr/> <hr/>	<input type="checkbox"/> Y <input type="checkbox"/> N	Children 6 to 17 years old: • Move at least 60 minutes every day.

* This 2,800 calorie pattern is only an estimate of your needs. Monitor your body weight and adjust your calories if needed.

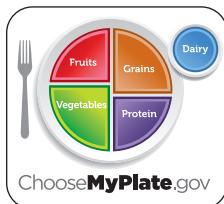


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MyPlate Plan

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Food Group Amounts for 3,000 Calories a Day

Fruits	Vegetables	Grains	Protein	Dairy
2 1/2 cups	4 cups	10 ounces	7 ounces	3 cups
Focus on whole fruits Focus on whole fruits that are fresh, frozen, canned, or dried.	Vary your veggies Choose a variety of colorful fresh, frozen, and canned vegetables—make sure to include dark green, red, and orange choices.	Make half your grains whole grains Find whole-grain foods by reading the Nutrition Facts label and ingredients list.	Vary your protein routine Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry.	Move to low-fat or fat-free milk or yogurt Choose fat-free milk, yogurt, and soy beverages (soy milk) to cut back on your saturated fat.



Drink and eat less sodium, saturated fat, and added sugars. Limit:

- Sodium to **2,300 milligrams** a day.
- Saturated fat to **33 grams** a day.
- Added sugars to **75 grams** a day.

Be active *your way*: Children 6 to 17 years old should move **60 minutes** every day. Adults should be physically active at least **2 1/2 hours** per week.

MyPlate Plan

Write down the foods you ate today and track your daily MyPlate, MyWins!

Food group targets for a 3,000 calorie* pattern are:

Write your food choices for each food group

Did you reach your target?

 Fruits 2 1/2 cups 1 cup of fruits counts as • 1 cup raw or cooked fruit; or • 1/2 cup dried fruit; or • 1 cup 100% fruit juice.	<hr/> <hr/> <hr/>	<input type="checkbox"/> Y <input type="checkbox"/> N	 Limit Sodium to 2,300 milligrams a day. Saturated fat to 33 grams a day. Added sugars to 75 grams a day.
 Vegetables 4 cups 1 cup vegetables counts as • 1 cup raw or cooked vegetables; or • 2 cups leafy salad greens; or • 1 cup 100% vegetable juice.	<hr/> <hr/> <hr/>	<input type="checkbox"/> Y <input type="checkbox"/> N	 Activity Be active your way: Adults: • Be physically active at least 2 1/2 hours per week.
 Grains 10 ounce equivalents 1 ounce of grains counts as • 1 slice bread; or • 1 ounce ready-to-eat cereal; or • 1/2 cup cooked rice, pasta, or cereal.	<hr/> <hr/> <hr/>	<input type="checkbox"/> Y <input type="checkbox"/> N	Children 6 to 17 years old: • Move at least 60 minutes every day.
 Protein 7 ounce equivalents 1 ounce of protein counts as • 1 ounce lean meat, poultry, or seafood; or • 1 egg; or • 1 Tbsp peanut butter; or • 1/4 cup cooked beans or peas; or • 1/2 ounce nuts or seeds.	<hr/> <hr/> <hr/>	<input type="checkbox"/> Y <input type="checkbox"/> N	 Dairy 3 cups 1 cup of dairy counts as • 1 cup milk; or • 1 cup yogurt; or • 1 cup fortified soy beverage; or • 1 1/2 ounces natural cheese or 2 ounces processed cheese.
 MyWins ChooseMyPlate.gov	<hr/> <hr/> <hr/>	<input type="checkbox"/> Y <input type="checkbox"/> N	<small>* This 3,000 calorie pattern is only an estimate of your needs. Monitor your body weight and adjust your calories if needed.</small>

Track your MyPlate, MyWins

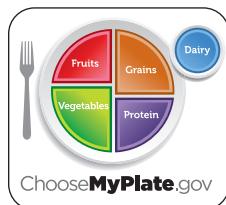
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MyPlate Plan

Find your Healthy Eating Style

Everything you eat and drink matters. Find your healthy eating style that reflects your preferences, culture, traditions, and budget—and maintain it for a lifetime! The right mix can help you be healthier now and into the future. The key is choosing a variety of foods and beverages from each food group—and *making sure that each choice is limited in saturated fat, sodium, and added sugars*. Start with small changes—“**MyWins**”—to make healthier choices you can enjoy.

Food Group Amounts for 3,200 Calories a Day

Fruits	Vegetables	Grains	Protein	Dairy
2 1/2 cups	4 cups	10 ounces	7 ounces	3 cups
Focus on whole fruits Focus on whole fruits that are fresh, frozen, canned, or dried.	Vary your veggies Choose a variety of colorful fresh, frozen, and canned vegetables—make sure to include dark green, red, and orange choices.	Make half your grains whole grains Find whole-grain foods by reading the Nutrition Facts label and ingredients list.	Vary your protein routine Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry.	Move to low-fat or fat-free milk or yogurt Choose fat-free milk, yogurt, and soy beverages (soy milk) to cut back on your saturated fat.



Drink and eat less sodium, saturated fat, and added sugars. Limit:

- Sodium to **2,300 milligrams** a day.
- Saturated fat to **36 grams** a day.
- Added sugars to **80 grams** a day.

Be active *your way*: Children 6 to 17 years old should move **60 minutes** every day. Adults should be physically active at least **2 1/2 hours** per week.

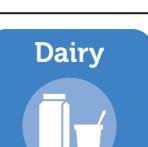
MyPlate Plan

Write down the foods you ate today and track your daily MyPlate, MyWins!

Food group targets for a 3,200 calorie* pattern are:

Write your food choices for each food group

Did you reach your target?

 Fruits 2 1/2 cups 1 cup of fruits counts as • 1 cup raw or cooked fruit; or • 1/2 cup dried fruit; or • 1 cup 100% fruit juice.	<hr/> <hr/> <hr/>	<input type="checkbox"/> Y <input type="checkbox"/> N	 Limit Sodium to 2,300 milligrams a day. Saturated fat to 36 grams a day. Added sugars to 80 grams a day.
 Vegetables 4 cups 1 cup vegetables counts as • 1 cup raw or cooked vegetables; or • 2 cups leafy salad greens; or • 1 cup 100% vegetable juice.	<hr/> <hr/> <hr/>	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N
 Grains 10 ounce equivalents 1 ounce of grains counts as • 1 slice bread; or • 1 ounce ready-to-eat cereal; or • 1/2 cup cooked rice, pasta, or cereal.	<hr/> <hr/> <hr/>	<input type="checkbox"/> Y <input type="checkbox"/> N	 Activity Be active your way: Adults: • Be physically active at least 2 1/2 hours per week.
 Protein 7 ounce equivalents 1 ounce of protein counts as • 1 ounce lean meat, poultry, or seafood; or • 1 egg; or • 1 Tbsp peanut butter; or • 1/4 cup cooked beans or peas; or • 1/2 ounce nuts or seeds.	<hr/> <hr/> <hr/>	<input type="checkbox"/> Y <input type="checkbox"/> N	 Activity Be active your way: Children 6 to 17 years old: • Move at least 60 minutes every day.
 Dairy 3 cups 1 cup of dairy counts as • 1 cup milk; or • 1 cup yogurt; or • 1 cup fortified soy beverage; or • 1 1/2 ounces natural cheese or 2 ounces processed cheese.	<hr/> <hr/> <hr/>	<input type="checkbox"/> Y <input type="checkbox"/> N	<small>* This 3,200 calorie pattern is only an estimate of your needs. Monitor your body weight and adjust your calories if needed.</small>

Track your MyPlate, MyWins


MyWins
ChooseMyPlate.gov

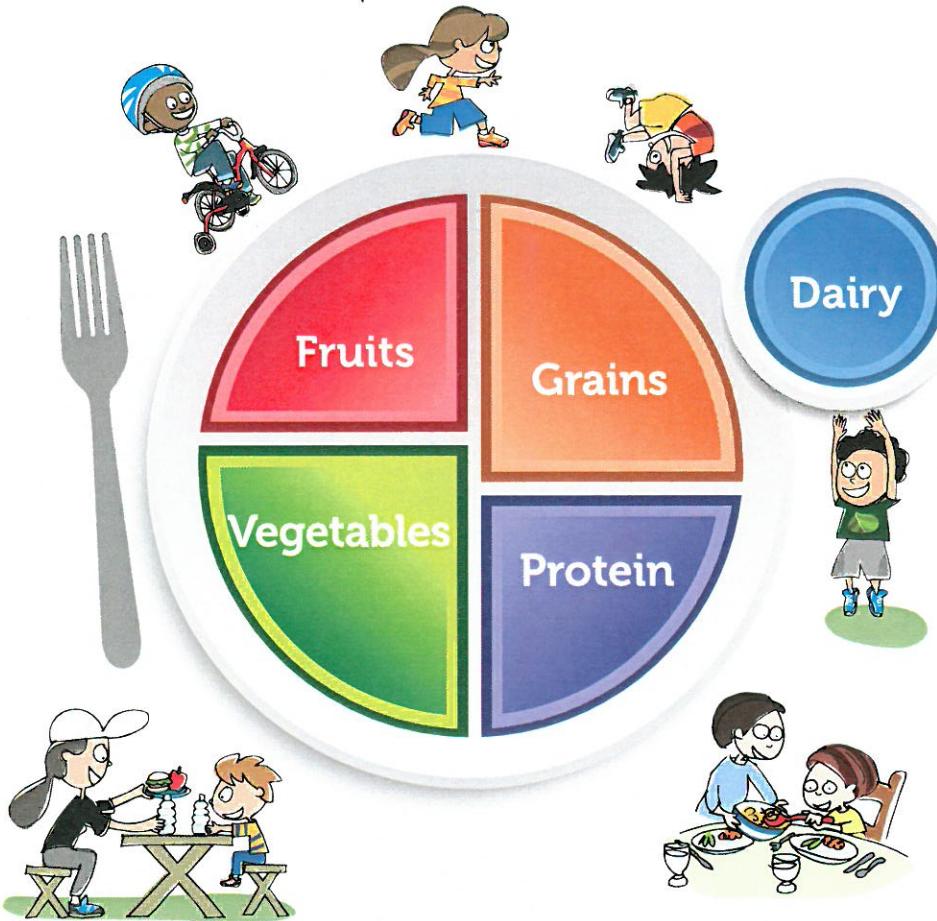
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Healthy Eating

for
preschoolers



ChooseMyPlate.gov

Get your child
on the path to
healthy eating.



Focus on the meal and each other.

Your child learns by watching you. Children are likely to copy your table manners, your likes and dislikes, and your willingness to try new foods.

Offer a variety of healthy foods.

Let your child choose how much to eat. Children are more likely to enjoy a food when eating it is their own choice.

Be patient with your child.

Sometimes new foods take time. Give children a taste at first and be patient with them. Offer new foods many times.

Let your children serve themselves.

Teach your children to take small amounts at first. Let them know they can get more if they are still hungry.

Cook together.

Eat together.

Talk together.



Make meal time family time.

Healthy Eating for Preschoolers

Daily Food Plan



Use this Plan as a general guide.

● These food plans are based on average needs. Do not be concerned if your child does not eat the exact amounts suggested. Your child may need more or less than average. For example, food needs increase during growth spurts.

● Children's appetites vary from day to day. Some days they may eat less than these amounts; other days they may want more. Offer these amounts and let your child decide how much to eat.

Food group	2 year olds	3 year olds	4 and 5 year olds	What counts as:
Fruits 	1 cup	1 - 1½ cups	1 - 1½ cups	½ cup of fruit? ½ cup mashed, sliced, or chopped fruit ½ cup 100% fruit juice ½ medium banana 4-5 large strawberries
Vegetables 	1 cup	1½ cups	1½ - 2 cups	½ cup of veggies? ½ cup mashed, sliced, or chopped vegetables 1 cup raw leafy greens ½ cup vegetable juice 1 small ear of corn
Grains Make half your grains whole 	3 ounces	4 - 5 ounces	4 - 5 ounces	1 ounce of grains? 1 slice bread 1 cup ready-to-eat cereal flakes ½ cup cooked rice or pasta 1 tortilla (6" across)
Protein Foods 	2 ounces	3 - 4 ounces	3 - 5 ounces	1 ounce of protein foods? 1 ounce cooked meat, poultry, or seafood 1 egg 1 Tablespoon peanut butter ¼ cup cooked beans or peas (kidney, pinto, lentils)
Dairy Choose low-fat or fat-free 	2 cups	2 cups	2½ cups	½ cup of dairy? ½ cup milk 4 ounces yogurt ¾ ounce cheese 1 string cheese

Some foods are easy for your child to choke on while eating. Skip hard, small, whole foods, such as popcorn, nuts, seeds, and hard candy. Cut up foods such as hot dogs, grapes, and raw carrots into pieces smaller than the size of your child's throat—about the size of a nickel.

There are many ways to divide the Daily Food Plan into meals and snacks. View the "Meal and Snack Patterns and Ideas" to see how these amounts might look on your preschooler's plate at www.choosemyplate.gov/preschoolers.html.

