

MyPlate

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

Profile Info

Personal: Courtney Female 27 yrs 5 ft 2 in 120 lb

Day(s): 2023 Sep 19 (Snack)

Activity Level: Low Active

(Strive for an Active activity level.)

BMI: 21.9

Normal is 18.5 to 25.

Weight Change: None

Best not to exceed 2 lbs per week.



Intake vs. Recommendation 2000 Calorie Pattern

Group	Percent	Comparison	Amount	*
Grains Intake	128 %	<div><div></div></div>	7.7 oz equivalent	
Grains Recommendation		<div><div></div></div>	6.0 oz equivalent	
Vegetables Intake	0 %	<div><div></div></div>	0.0 cup equivalent	
Vegetables Recommendation		<div><div></div></div>	2.5 cup equivalent	
Fruits Intake	0 %	<div><div></div></div>	0.0 cup equivalent	
Fruits Recommendation		<div><div></div></div>	2.0 cup equivalent	
Dairy Intake	41 %	<div><div></div></div>	1.2 cup equivalent	
Dairy Recommendation		<div><div></div></div>	3.0 cup equivalent	
Protein Foods Intake	16 %	<div><div></div></div>	0.9 oz equivalent	
Protein Foods Recommendation		<div><div></div></div>	5.5 oz equivalent	

Make Half Your Grains Whole

Aim for at least 3.0 oz equivalents whole grains a day

Oils & Empty Calories

Aim for 6.0 teaspoons of oils a day

Limit your extra fats & sugars to 267 Calories

Vary Your Vegetables

Dark Green Vegetables	3.0 cups
Orange Vegetables	2.0 cups
Dry Beans & Peas	3.0 cups
Starchy Vegetables	3.0 cups
Other Vegetables	6.5 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.