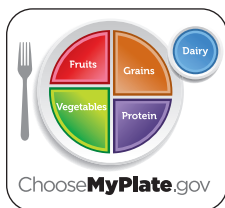




United States Department of Agriculture








# 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 1,800 Calories a Day

				
1 1/2 cups	2 1/2 cups	6 ounces	5 ounces	3 cups
<p>Focus on whole fruits</p> <p>Focus on whole fruits that are fresh, frozen, canned, or dried.</p>	<p>Vary your veggies</p> <p>Choose a variety of colorful fresh, frozen, and canned vegetables—make sure to include dark green, red, and orange choices.</p>	<p>Make half your grains whole grains</p> <p>Find whole-grain foods by reading the Nutrition Facts label and ingredients list.</p>	<p>Vary your protein routine</p> <p>Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry.</p>	<p>Move to low-fat or fat-free milk or yogurt</p> <p>Choose fat-free milk, yogurt, and soy beverages (soy milk) to cut back on your saturated fat.</p>








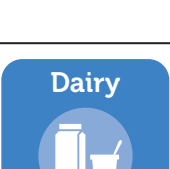
Drink and eat less sodium, saturated fat, and added sugars. Limit:


- Sodium to **2,300 milligrams** a day.
- Saturated fat to **20 grams** a day.
- Added sugars to **45 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 1,800 calorie* pattern are:		Write your food choices for each food group	Did you reach your target?	
 <b>Fruits</b> <b>1 1/2 cups</b> 1 cup of fruits counts as <ul style="list-style-type: none"> <li>• 1 cup raw or cooked fruit; or</li> <li>• 1/2 cup dried fruit; or</li> <li>• 1 cup 100% fruit juice.</li> </ul>	<hr/> <hr/> <hr/> <hr/>	<div>Y</div> <div>N</div>	 <b>Limit:</b> <ul style="list-style-type: none"> <li>• Sodium to <b>2,300 milligrams</b> a day.</li> <li>• Saturated fat to <b>20 grams</b> a day.</li> <li>• Added sugars to <b>45 grams</b> a day.</li> </ul> <div>Y</div> <div>N</div>	
 <b>Vegetables</b> <b>2 1/2 cups</b> 1 cup vegetables counts as <ul style="list-style-type: none"> <li>• 1 cup raw or cooked vegetables; or</li> <li>• 2 cups leafy salad greens; or</li> <li>• 1 cup 100% vegetable juice.</li> </ul>	<hr/> <hr/> <hr/> <hr/>	<div>Y</div> <div>N</div>		
 <b>Grains</b> <b>6 ounce equivalents</b> 1 ounce of grains counts as <ul style="list-style-type: none"> <li>• 1 slice bread; or</li> <li>• 1 ounce ready-to-eat cereal; or</li> <li>• 1/2 cup cooked rice, pasta, or cereal.</li> </ul>	<hr/> <hr/> <hr/> <hr/>	<div>Y</div> <div>N</div>		
 <b>Protein</b> <b>5 ounce equivalents</b> 1 ounce of protein counts as <ul style="list-style-type: none"> <li>• 1 ounce lean meat, poultry, or seafood; or</li> <li>• 1 egg; or</li> <li>• 1 Tbsp peanut butter; or</li> <li>• 1/4 cup cooked beans or peas; or</li> <li>• 1/2 ounce nuts or seeds.</li> </ul>	<hr/> <hr/> <hr/> <hr/>	<div>Y</div> <div>N</div>		
 <b>Dairy</b> <b>3 cups</b> 1 cup of dairy counts as <ul style="list-style-type: none"> <li>• 1 cup milk; or</li> <li>• 1 cup yogurt; or</li> <li>• 1 cup fortified soy beverage; or</li> <li>• 1 1/2 ounces natural cheese or 2 ounces processed cheese.</li> </ul>	<hr/> <hr/> <hr/> <hr/>	<div>Y</div> <div>N</div>		


**Activity**  
**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

\* This 1,800 calorie pattern is only an estimate of your needs. Monitor your body weight and adjust your calories if needed.



Track your MyPlate, MyWins

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