



United States Department of Agriculture

SAMPLE








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

| | | | | |
|---|---|---|--|--|
|  <p>1 1/2 cups</p> <p>Focus on whole fruits</p> <p>Focus on whole fruits that are fresh, frozen, canned, or dried.</p> |  <p>2 1/2 cups</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>6 ounces</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>5 ounces</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>3 cups</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:







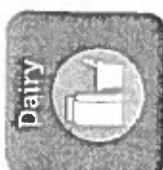
- Sodium to 2,300 milligrams a day.
- Saturated fat to 20 grams a day.
- Added sugars to 45 grams a day.

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.

SAMPLE: Use your personalized MyPlate Plan to make up a menu for the day. Write your food choices for each food group below.

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? | Limit: |
|---|---|--|---|--------|
|  <p>1 1/2 cups 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. | <p>Orange juice Red Grapes Watermelon</p> | <input checked="" type="checkbox"/> <input type="checkbox"/> N |  <p>Limit:</p> <ul style="list-style-type: none"> • Sodium to 2,300 milligrams a day. • Saturated fat to 20 grams a day. • Added sugars to 45 grams a day. <p>Y <input type="checkbox"/> N <input type="checkbox"/></p> | |
|  <p>2 1/2 cups 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. | <p>Lettuce + Tomato Carrot Sticks Mashed Potatoes Green Beans</p> | <input type="checkbox"/> Y <input checked="" type="checkbox"/> N |  <p>Be active your way:</p> <p>Adults:</p> <ul style="list-style-type: none"> • Be physically active at least 2 1/2 hours per week. <p>Children 6 to 17 years old:</p> <ul style="list-style-type: none"> • Move at least 60 minutes every day. <p>Y <input type="checkbox"/> N <input type="checkbox"/></p> | |
|  <p>6 ounce equivalents 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. | <p>Wheat Toast Bread for BLT Macaroni Salad Biscuit x2</p> | <input type="checkbox"/> Y <input checked="" type="checkbox"/> N | | |
|  <p>5 ounce equivalents 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. | <p>Scrambled Eggs Sausage Bacon Roast Beef</p> | <input checked="" type="checkbox"/> <input type="checkbox"/> N | | |
|  <p>3 cups 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. | <p>Glass of Milk Cottage Cheese Glass of Milk</p> | <input checked="" type="checkbox"/> <input type="checkbox"/> N | <p>* This 1,800 calorie pattern is only an estimate of your needs. Monitor your body weight and adjust your calories if needed.</p> | |



Track your MyPlate, MyWins