






# 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 2,000 Calories a Day

				
<b>2 cups</b>	<b>2 1/2 cups</b>	<b>6 ounces</b>	<b>5 1/2 ounces</b>	<b>3 cups</b>
<p><b>Focus on whole fruits</b></p> <p>Focus on whole fruits that are fresh, frozen, canned, or dried.</p>	<p><b>Vary your veggies</b></p> <p>Choose a variety of colorful fresh, frozen, and canned vegetables—make sure to include dark green, red, and orange choices.</p>	<p><b>Make half your grains whole grains</b></p> <p>Find whole-grain foods by reading the Nutrition Facts label and ingredients list.</p>	<p><b>Vary your protein routine</b></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><b>Move to low-fat or fat-free milk or yogurt</b></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 **22 grams** a day.
- Added sugars to **50 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 2,000 calorie* pattern are:	Write your food choices for each food group	Did you reach your target?	
 <p><b>Fruits</b> <b>2 cups</b> 1 cup of fruits counts as</p> <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/>	<input type="checkbox"/> Y <input type="checkbox"/> N	 <p><b>Limit:</b></p> <ul style="list-style-type: none"> <li>• Sodium to <b>2,300 milligrams</b> a day.</li> <li>• Saturated fat to <b>22 grams</b> a day.</li> <li>• Added sugars to <b>50 grams</b> a day.</li> </ul> <input type="checkbox"/> Y <input type="checkbox"/> N
 <p><b>Vegetables</b> <b>2 1/2 cups</b> 1 cup vegetables counts as</p> <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/>	<input type="checkbox"/> Y <input type="checkbox"/> N	
 <p><b>Grains</b> <b>6 ounce equivalents</b> 1 ounce of grains counts as</p> <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/>	<input type="checkbox"/> Y <input type="checkbox"/> N	 <p><b>Activity</b> <b>Be active your way:</b></p> <p><b>Adults:</b></p> <ul style="list-style-type: none"> <li>• Be physically active at least <b>2 1/2 hours</b> per week.</li> </ul> <p><b>Children 6 to 17 years old:</b></p> <ul style="list-style-type: none"> <li>• Move at least <b>60 minutes</b> every day.</li> </ul> <input type="checkbox"/> Y <input type="checkbox"/> N
 <p><b>Protein</b> <b>5 1/2 ounce equivalents</b> 1 ounce of protein counts as</p> <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/>	<input type="checkbox"/> Y <input type="checkbox"/> N	
 <p><b>Dairy</b> <b>3 cups</b> 1 cup of dairy counts as</p> <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/>	<input type="checkbox"/> Y <input type="checkbox"/> N	<p>* This 2,000 calorie pattern is only an estimate of your needs. Monitor your body weight and adjust your calories if needed.</p>



Track your MyPlate, MyWins

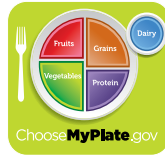
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**10 tips**  
Nutrition  
Education Series



**MyPlate**  
**MyWins**

Based on the  
**Dietary Guidelines**  
for Americans

# Choose MyPlate

**Use MyPlate to build your healthy eating style and maintain it for a lifetime.** Choose foods and beverages from each MyPlate food group. Make sure your choices are limited in sodium, saturated fat, and added sugars. Start with small changes to make healthier choices you can enjoy.

**1 Find your healthy eating style**  
Creating a healthy style means regularly eating a variety of foods to get the nutrients and calories you need. MyPlate's tips help you create your own healthy eating solutions—"MyWins."

**2 Make half your plate fruits and vegetables**  
Eating colorful fruits and vegetables is important because they provide vitamins and minerals and most are low in calories.

**3 Focus on whole fruits**  
Choose whole fruits—fresh, frozen, dried, or canned in 100% juice. Enjoy fruit with meals, as snacks, or as a dessert.



**4 Vary your veggies**  
Try adding fresh, frozen, or canned vegetables to salads, sides, and main dishes. Choose a variety of colorful vegetables prepared in healthful ways: steamed, sauteed, roasted, or raw.



**5 Make half your grains whole grains**  
Look for whole grains listed first or second on the ingredients list—try oatmeal, popcorn, whole-grain bread, and brown rice. Limit grain-based desserts and snacks, such as cakes, cookies, and pastries.



**6 Move to low-fat or fat-free milk or yogurt**  
Choose low-fat or fat-free milk, yogurt, and soy beverages (soymilk) to cut back on saturated fat. Replace sour cream, cream, and regular cheese with low-fat yogurt, milk, and cheese.



**7 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. Try main dishes made with beans or seafood like tuna salad or bean chili.



**8 Drink and eat beverages and food with less sodium, saturated fat, and added sugars**  
Use the Nutrition Facts label and ingredients list to limit items high in sodium, saturated fat, and added sugars. Choose vegetable oils instead of butter, and oil-based sauces and dips instead of ones with butter, cream, or cheese.



**9 Drink water instead of sugary drinks**  
Water is calorie-free. Non-diet soda, energy or sports drinks, and other sugar-sweetened drinks contain a lot of calories from added sugars and have few nutrients.

**10 Everything you eat and drink matters**  
The right mix of foods can help you be healthier now and into the future. Turn small changes into your "MyPlate, MyWins."