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 2,800 Calories a Day

<table>
<thead>
<tr>
<th>Fruits</th>
<th>Vegetables</th>
<th>Grains</th>
<th>Protein</th>
<th>Dairy</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 1/2 cups</td>
<td>3 1/2 cups</td>
<td>10 ounces</td>
<td>7 ounces</td>
<td>3 cups</td>
</tr>
</tbody>
</table>

- Focus on whole fruits
- Vary your veggies
- Make half your grains whole grains
- Vary your protein routine
- Move to low-fat or fat-free milk or yogurt

Focus on whole fruits that are fresh, frozen, canned, or dried.
Choose a variety of colorful fresh, frozen, and canned vegetables—make sure to include dark green, red, and orange choices.
Find whole-grain foods by reading the Nutrition Facts label and ingredients list.
Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry.
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.
Food group targets for a 2,800 calorie* pattern are:

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Target</th>
<th>Counts as</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruits</td>
<td>2 1/2 cups</td>
<td>1 cup raw or cooked fruit; or 1/2 cup dried fruit; or 1 cup 100% fruit juice.</td>
</tr>
<tr>
<td>Vegetables</td>
<td>3 1/2 cups</td>
<td>1 cup raw or cooked vegetables; or 2 cups leafy salad greens; or 1 cup 100% vegetable juice.</td>
</tr>
<tr>
<td>Grains</td>
<td>10 ounce equivalents</td>
<td>1 slice bread; or 1 ounce ready-to-eat cereal; or 1/2 cup cooked rice, pasta, or cereal.</td>
</tr>
<tr>
<td>Protein</td>
<td>7 ounce equivalents</td>
<td>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.</td>
</tr>
<tr>
<td>Dairy</td>
<td>3 cups</td>
<td>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.</td>
</tr>
</tbody>
</table>

Write your food choices for each food group and did you reach your target?

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

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