USDA
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 3,000 Calories a Day

Fruits	Vegetables	Grains	Protein	Dairy
2 1/2 cups	**4 cups**	**10 ounces**	**7 ounces**	**3 cups**
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.

Limit

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

- Sodium to **2,300 milligrams** a day.
- Saturated fat to **33 grams** a day.
- Added sugars to **75 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 3,000 calorie* pattern are:	Write your food choices for each food group	Did you reach your target?
Fruits — **2 1/2 cups** 1 cup of fruits counts as • 1 cup raw or cooked fruit; or • 1/2 cup dried fruit; or • 1 cup 100% fruit juice.	_____ _____ _____	Y N
Vegetables — **4 cups** 1 cup vegetables counts as • 1 cup raw or cooked vegetables; or • 2 cups leafy salad greens; or • 1 cup 100% vegetable juice.	_____ _____ _____	Y N
Grains — **10 ounce equivalents** 1 ounce of grains counts as • 1 slice bread; or • 1 ounce ready-to-eat cereal; or • 1/2 cup cooked rice, pasta, or cereal.	_____ _____ _____	Y N
Protein — **7 ounce equivalents** 1 ounce of protein counts as • 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.	_____ _____ _____	Y N
Dairy — **3 cups** 1 cup of dairy counts as • 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.	_____ _____ _____	Y N

Limit

Limit:

- Sodium to **2,300 milligrams** a day.
- Saturated fat to **33 grams** a day.
- Added sugars to **75 grams** a day.

Y N

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 3,000 calorie pattern is only an estimate of your needs. Monitor your body weight and adjust your calories if needed.

MyWins

ChooseMyPlate.gov

Track your MyPlate, MyWins

_____
_____
_____

Center for Nutrition Policy and Promotion
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