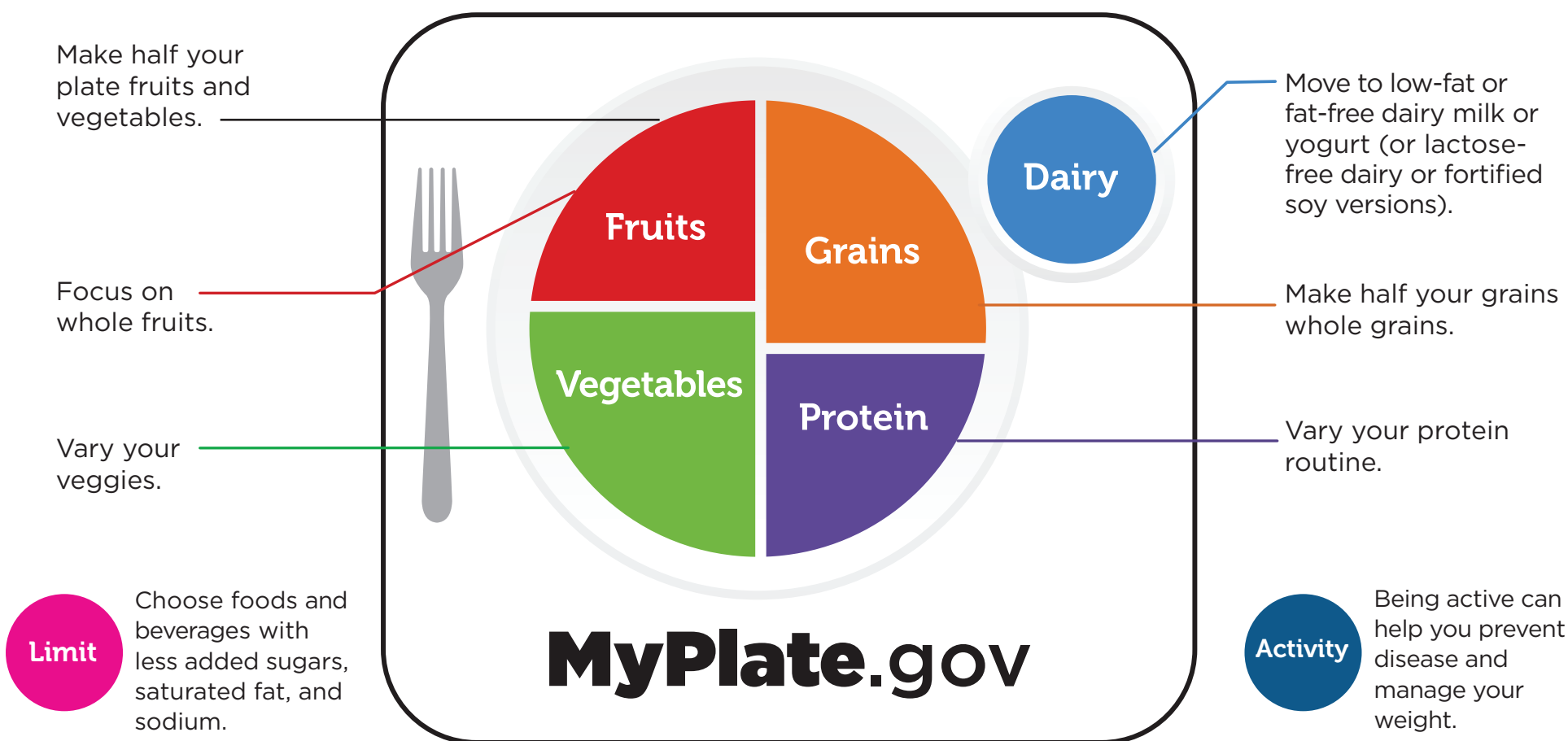
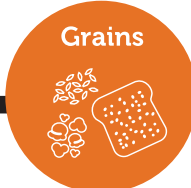


# Start *simple* with **MyPlate**

Healthy eating is important at every life stage,  
with benefits that add up over time, bite by bite. Small changes matter.



|  <b>Fruits</b>                                                                                               |  <b>Vegetables</b>                                                                                                             |  <b>Grains</b>                                                                                                |  <b>Protein</b>                                                                                                                           |  <b>Dairy</b>                                                                                                                                               |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Focus on whole fruits like fresh, frozen, canned, or dried.</p> <p>Buy fruits to have them available to add to your meal or eat as a snack. If you buy juice, select 100% fruit juice.</p> | <p>Eat a variety of vegetables and add them to mixed dishes like casseroles, sandwiches, and wraps.</p> <p>Fresh, frozen, and canned count, too. Look for “reduced sodium” or “no-salt-added” on the label.</p> | <p>Choose whole-grain versions of common foods such as bread, pasta, and tortillas.</p> <p>Not sure if it’s whole grain? Check the ingredients list for the words “whole” or “whole grain.”</p> | <p>Eat a variety of protein foods such as beans, soy, seafood, lean meats, poultry, and unsalted nuts and seeds.</p> <p>Select seafood twice a week. Choose lean cuts of meat and ground beef that is at least 93% lean.</p> | <p>Choose low-fat (1%) or fat-free (skim) dairy. Get the same amount of calcium and other nutrients as whole milk, but with less saturated fat and calories.</p> <p>Lactose intolerant? Try lactose-free milk or a fortified soy beverage.</p> |

## Daily Food Group Targets — Based on a 2,000 Calorie Plan

Visit [MyPlate.gov/MyPlatePlan](https://www.myplate.gov/MyPlatePlan) for a personalized plan.

| <b>2 cups</b>                                                                                                                                                                                                                   | <b>2½ cups</b>                                                                                                                                                                                                                                                                                | <b>6 ounces</b>                                                                                                                                                                                                                                         | <b>5½ ounces</b>                                                                                                                                                                                                                                                           | <b>3 cups</b>                                                                                                                                                                                                                                                |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><i>1 cup counts as:</i></p> <ul style="list-style-type: none"> <li>1 small apple</li> <li>1 large banana</li> <li>1 cup grapes</li> <li>1 cup sliced mango</li> <li>½ cup raisins</li> <li>1 cup 100% fruit juice</li> </ul> | <p><i>1 cup counts as:</i></p> <ul style="list-style-type: none"> <li>2 cups raw spinach</li> <li>1 cup cooked collard, kale, or turnip greens</li> <li>1 small avocado</li> <li>1 large sweet potato</li> <li>1 cup cooked beans, peas, or lentils</li> <li>1 cup cut cauliflower</li> </ul> | <p><i>1 ounce counts as:</i></p> <ul style="list-style-type: none"> <li>1 slice of bread</li> <li>½ cup cooked oatmeal</li> <li>1 small tortilla</li> <li>½ cup cooked brown rice</li> <li>½ cup cooked couscous</li> <li>½ cup cooked grits</li> </ul> | <p><i>1 ounce counts as:</i></p> <ul style="list-style-type: none"> <li>1 ounce cooked lean chicken, pork, or beef</li> <li>1 ounce tuna fish</li> <li>¼ cup cooked beans, peas, or lentils</li> <li>1 Tbsp peanut butter</li> <li>2 Tbsp hummus</li> <li>1 egg</li> </ul> | <p><i>1 cup counts as:</i></p> <ul style="list-style-type: none"> <li>1 cup dairy milk or yogurt</li> <li>1 cup lactose-free dairy milk or yogurt</li> <li>1 cup fortified soy milk or yogurt</li> <li>1½ ounces hard cheese</li> <li>1 cup kefir</li> </ul> |



### Limit

Choose foods and beverages with less added sugars, saturated fat, and sodium.

Limit:

- Added sugars to <50 grams a day.
- Saturated fat to <22 grams a day.
- Sodium to <2,300 milligrams a day.



### Activity

Don't forget physical activity!

Being active can help you prevent disease and manage your weight.

Kids ≥ 60 min/day      Adults ≥ 150 min/week