Start *simple* with **MyPlate** Plan

MyPlate.gov

The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate.

A healthy eating routine is important at every stage of life and can have positive effects that add up over time. It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients. Make every bite count.

Food Group Amounts for 2,000 Calories a Day for Ages 14+ Years

Fruits	Vegetables	Grains	Protein	Dairy
2 cups	**2½ cups**	**6 ounces**	**5½ 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 dairy milk or yogurt (or lactose-free dairy or fortified soy versions)**
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, peas, and lentils; unsalted nuts and seeds; soy products; eggs; and lean meats and poultry.	Look for ways to include dairy or fortified soy alternatives at meals and snacks throughout the day.

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

Be active your way:
Children 6 to 17 years old should move **60 minutes** every day. Adults should be physically active at least **2½ hours** per week.

MyPlate Plan

Write down the foods you ate today and track your small changes, bite by bite.

Food group targets for a 2,000-calorie* pattern are:

	Write down your food choices for each food group.	Did you reach your target?

Fruits

2 cups

1 cup of fruits counts as
- 1 cup raw or cooked fruit; or
- ½ cup dried fruit; or
- 1 cup 100% fruit juice.

Y
N

Vegetables

2½ cups

1 cup of vegetables counts as
- 1 cup raw or cooked vegetables; or
- 2 cups leafy salad greens; or
- 1 cup 100% vegetable juice.

Y
N

Grains

6-ounce equivalents

1 ounce of grains counts as
- 1 slice bread; or
- 1 ounce ready-to-eat cereal; or
- ½ cup cooked rice, pasta, or cereal.

Y
N

Protein

5½-ounce equivalents

1 ounce of protein foods counts as
- 1 ounce seafood, lean meats, or poultry; or
- 1 egg; or
- 1 Tbsp peanut butter; or
- ¼ cup cooked beans, peas, or lentils; or
- ½ ounce unsalted nuts or seeds.

Y
N

Dairy

3 cups

1 cup of dairy counts as
- 1 cup dairy milk or yogurt; or
- 1 cup lactose-free dairy milk or yogurt; or
- 1 cup fortified soy milk or yogurt; or
- 1½ ounces hard cheese.

Y
N

Limit

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

Y   N

Activity

Be active your way:
Children 6 to 17 years old should move **60 minutes** every day. Adults should be physically active at least **2½ hours** per week.

Y   N

* This 2,000-calorie pattern is only an estimate of your needs. Monitor your body weight and adjust your calories if needed.