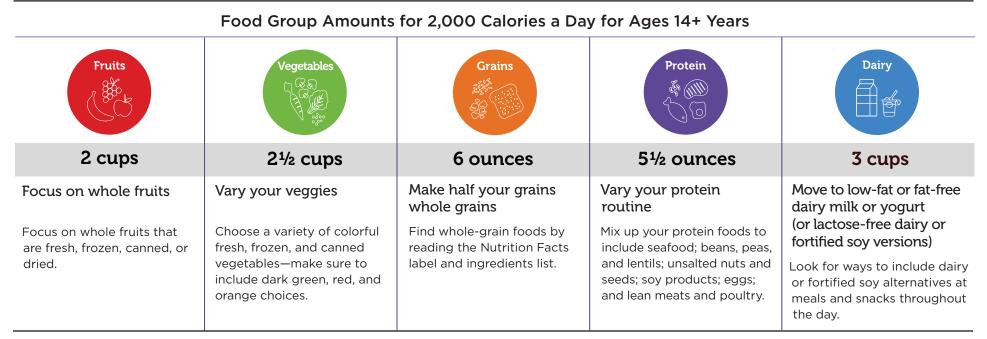




## Start simple with MyPlate Plan

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.





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.



## 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	<ul> <li>2 cups</li> <li>1 cup of fruits counts as <ul> <li>1 cup raw or cooked fruit; or</li> <li>½ cup dried fruit; or</li> <li>1 cup 100% fruit juice.</li> </ul> </li> </ul>		Y	Limit         • Added sugars to <50 grams a day.
Vegetables	<ul> <li>2½ cups</li> <li>1 cup of vegetables counts as <ul> <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> </li> </ul>		Y	
Grains	<ul> <li>6-ounce equivalents</li> <li>1 ounce of grains counts as <ul> <li>1 slice bread; or</li> <li>1 ounce ready-to-eat cereal; or</li> <li>½ cup cooked rice, pasta, or cereal.</li> </ul> </li> </ul>		Y	
Protein	<ul> <li>5½-ounce equivalents</li> <li>1 ounce of protein foods counts as <ul> <li>1 ounce seafood, lean meats, or poultry; or</li> <li>1 egg; or</li> <li>1 Tbsp peanut butter; or</li> <li>¼ cup cooked beans, peas, or lentils; or</li> <li>½ ounce unsalted nuts or seeds.</li> </ul> </li> </ul>		Y	
Dairy	<ul> <li>3 cups</li> <li>1 cup of dairy counts as <ul> <li>1 cup dairy milk or yogurt; or</li> <li>1 cup lactose-free dairy milk or yogurt; or</li> <li>1 cup fortified soy milk or yogurt; or</li> <li>1½ ounces hard cheese.</li> </ul> </li> </ul>		Y	* This 2,000-calorie pattern is only an estimate of your needs. Monitor your body weight and adjust your calories if needed.

