








# MyPlate Plan Menu






Record the food groups you eat and drink during the day for breakfast, lunch, dinner, and your snacks.

	FRUITS 	VEGETABLES 	GRAINS 	PROTEIN FOODS 	DAIRY 
DAY 1					
DAY 2					
DAY 3					
DAY 4					
DAY 5					
DAY 6					
DAY 7					



Start simple  
with MyPlate

# MyPlate Food Groups

Food Group	What Counts As...
 <p><b>Fruits</b></p> <ul style="list-style-type: none"> <li>- Whole Fruit</li> <li>- Fruit Juice</li> </ul>	<p><b>1 cup of Fruit</b></p> <ul style="list-style-type: none"> <li>• 1 cup fresh or canned fruit</li> <li>• 1 cup 100% fruit juice</li> <li>• 1/2 cup dried fruit</li> </ul>
 <p><b>Vegetables</b></p> <ul style="list-style-type: none"> <li>- Dark Green</li> <li>- Red and Orange</li> <li>- Beans and Peas</li> <li>- Starchy</li> <li>- Other</li> </ul>	<p><b>1 cup of Vegetables</b></p> <ul style="list-style-type: none"> <li>• 1 cup fresh or canned vegetables</li> <li>• 1 cup 100% vegetable juice</li> <li>• 2 cups leafy salad greens</li> </ul>
 <p><b>Grains</b></p> <ul style="list-style-type: none"> <li>- Whole Grains</li> <li>- Refined Grains</li> </ul>	<p><b>1 ounce of Grains</b></p> <ul style="list-style-type: none"> <li>• 1 slice of bread (1 ounce)</li> <li>• 1/2 cup cooked pasta, rice, or cereal</li> <li>• 1 ounce uncooked pasta or rice</li> <li>• 1 tortilla (6 inch diameter)</li> <li>• 1 pancake (5 inch diameter)</li> <li>• 1 ounce ready-to-eat cereal (about 1 cup cereal flakes)</li> </ul>
 <p><b>Protein Foods</b></p> <ul style="list-style-type: none"> <li>- Seafood</li> <li>- Meat, Poultry, and Eggs</li> <li>- Nuts, Seeds, and Soy</li> <li>- Beans, Peas, and Lentils</li> </ul>	<p><b>1 ounce of Protein Foods</b></p> <ul style="list-style-type: none"> <li>• 1 ounce lean meat, poultry, or seafood</li> <li>• 1 egg</li> <li>• 1 Tablespoon peanut butter</li> <li>• 1/2 ounce nuts or seeds</li> <li>• 1/4 cup cooked beans, peas, or lentils</li> </ul>
 <p><b>Dairy</b></p> <ul style="list-style-type: none"> <li>- Milk and Yogurt</li> <li>- Cheese</li> </ul>	<p><b>1 cup of Dairy</b></p> <ul style="list-style-type: none"> <li>• 1 cup milk</li> <li>• 1 cup fortified soymilk (soy beverage)</li> <li>• 1 cup yogurt</li> <li>• 1 1/2 ounce natural cheese (e.g., cheddar)</li> </ul>

**Want your personal calorie and food group plan?**  
 Check out the MyPlate Plan at [MyPlate.gov/myplate-plan](https://www.MyPlate.gov/myplate-plan).  
 For tips, visit [MyPlate.gov/eat-healthy/what-is-myplate](https://www.MyPlate.gov/eat-healthy/what-is-myplate).