USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

HEALTHY EATING WITH MYPLATE TOOLS

Use just one or all together.

GET YOUR PLAN

MYPLATE PLAN

Visit the **MyPlate Plan** for personalized food group recommendations and calorie level.

TAKE THE MYPLATE QUIZ

MYPLATE QUIZ

Receive personalized results and resources by taking the **MyPlate Quiz**.

PLAN HEALTHY MEALS

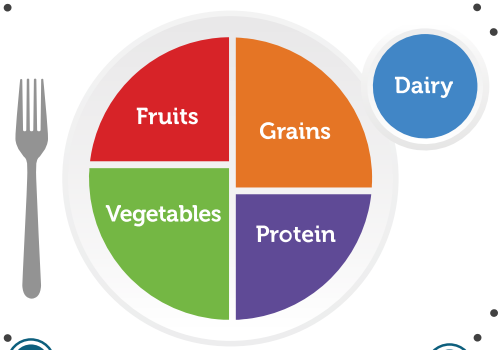
MYPLATE KITCHEN

Find nutritious and budget-friendly recipes on **MyPlate Kitchen** that meet your preferences.

SHOP & SAVE

SHOP SIMPLE WITH MYPLATE

Discover new ways to shop, save, and prepare budget-friendly foods with **Shop Simple with MyPlate**.



SET YOUR GOALS

START SIMPLE WITH MYPLATE APP

Download the **Start Simple with MyPlate app** to set daily food group goals, view progress, and earn a variety of badges.

GET TIPS

MYPLATE ON ALEXA

Use **MyPlate on Alexa** to get nutrition tips delivered to your home device or phone.

MyPlate.gov

TEST YOUR KNOWLEDGE

MYPLATE FOOD GROUP QUIZZES

Test your nutrition knowledge of MyPlate with the **MyPlate Food Group Quizzes**.

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