








MyPlate Plan Menu

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

	Fruits 	Vegetables 	Grains 	Protein 	Dairy 
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					

MyPlate Food Groups

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

Want your personal calorie and food group plan?

Check out the MyPlate Plan at www.MyPlate.gov/MyPlate-Plan.

For tips, visit www.MyPlate.gov/StartSimple.