Start simple with **MyPlate** Plan

健康饮食须知
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 2,800 Calories a Day for Ages 9 to 13 Years

Fruits	Vegetables	Grains	Protein	Dairy
2 ½ cups	**3 ½ cups**	**10 ounces**	**7 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, dried, frozen, or canned.	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; tofu and other soy products; eggs; beans, peas, and lentils; unsalted nuts and seeds; 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 **less than 70 grams** a day.
- Saturated fat to **less than 31 grams** a day.
- Sodium to **less than 1,800 milligrams** a day.

Activity

Be active your way:

Children 6 to 17 years old should move **60 minutes** every day.

MyPlate Plan

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

In general, food group targets for a 2,800-calorie* pattern are:

Fruits

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

Vegetables

3 ½ cups
1 cup of vegetables counts as
- 1 cup cooked or raw vegetables; or
- 2 cups raw or 1 cup cooked leafy greens; or
- 1 cup rehydrated dried vegetables; or
- 1 cup root vegetables; or
- 1 cup 100% vegetable juice.

Grains

10 ounce-equivalents
1 ounce of grains counts as
- ½ cup cooked rice, noodles, or barley; or
- ½ bao; or
- 1¼ cups congee (rice porridge); or
- 1 slice bread or 1 ounce steamed bread; or
- 2 ounces dumpling dough (before filling); or
- ½ cup cooked pasta or cereal.

Protein

7 ounce-equivalents
1 ounce of protein foods counts as
- 1 ounce seafood, lean meats (including lean organ meats), or poultry; or
- ¼ cup (about 2 ounces) tofu (bean curd); or
- 1 egg; or
- 1 Tbsp peanut butter or sesame paste; or
- ¼ cup cooked beans, peas, or lentils; or
- ½ ounce unsalted nuts or seeds (sesame).

Dairy

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

Food choices

Limit

Limit:
- Added sugars to **less than 70 grams** a day.
- Saturated fat to l**ess than 31 grams** a day.
- Sodium to **less than 1,800 milligrams** a day.

Activity

Be active your way:

Children 6 to 17 years old should move **60 minutes** every day.

*This 2,800-calorie pattern is only an estimate of your needs. For more examples of foods in the food groups, visit **MyPlate.gov/food** (only available in English).

Dietary Guidelines for Americans

DGA

健康饮食须知
MyPlate.gov

使用MyPlate方案，轻松开启健康饮食

健康饮食的益处日积月累，是一口一口吃出来的。小改变带来大不同。
使用MyPlate，轻松开启健康饮食。

在人生的每个阶段，健康饮食习惯都很重要，日积月累形成积极影响。饮食应当包括各种水果、蔬菜、谷物、蛋白质食物、奶制品或强化豆制品，这很重要。在决定吃或喝什么时，要选择营养丰富的食物。让吃的每一口都有利于健康。

面向9到13岁人群每天2800卡路里的各类食物搭配量

水果	蔬菜	谷物	蛋白质	奶制品
2 ½ 杯	**3 ½ 杯**	**10 盎司**	**7 盎司**	**3 杯**
完整吃水果	**蔬菜多样化**	**全谷物应当占一半**	**蛋白质食物多样化**	**改为低脂肪或无脂肪的奶或酸奶（或无乳糖的奶或强化豆奶）**
以完整吃水果为主要方式，水果可以是新鲜的、脱水的、冻干的或罐装的。	选择各种颜色各异的新鲜、冻干和罐装蔬菜，一定要包括深绿色、红色和橙色的蔬菜。	阅读营养标签和成分表，可以找到全谷物食物。	蛋白质食物来源多样化，包括：海鲜；豆腐和其他豆制品；蛋类；豆类、豌豆和小扁豆；无盐的坚果和籽实；以及瘦肉和禽肉。	想方设法在一天的正餐和零食中包括奶制品或强化豆奶制品。

上限

选择糖、饱和脂肪和钠添加量少的食物和饮料。上限：

- 每天添加的糖**低于70克**。
- 每天饱和脂肪**低于31克**.
- 每天钠**低于1.8克**。

身体活动

以自己的方式保持身体活跃：

6到17岁的儿童每天应活动**60分钟**。

MyPlate 方案

记录你今天吃过的食物，跟踪细小的变化，每一口都重要。

一般地，2,800卡路里*模式的各类食物搭配目标如下：

食物选择

水果

2 ½杯

1杯水果的量是：
- 1杯生的或烹饪过的水果；或
- ½杯脱水水果；或
- 1杯100%纯果汁。

蔬菜

3 ½杯

1杯蔬菜的量是：
- 1杯烹饪的或生的蔬菜；或
- 2杯生的或1杯烹饪的绿叶蔬菜；或
- 1杯泡开的脱水蔬菜；或
- 1杯根茎类蔬菜；或
- 1杯100%纯蔬菜汁。

谷物

相当于10盎司

1盎司谷物的量是：
- ½杯熟米饭、面条或大麦；或
- ½个包子；或
- 1 ¼杯粥（大米稀饭）；或
- 1片面包，或1盎司馒头；或
- 2盎司饺子皮（不含馅）；或
- ½杯烹饪的意大利面或谷物。

蛋白质

相当于7盎司

1盎司蛋白质食物的量是：
- 1盎司海鲜、瘦肉（包括瘦内脏肉）或禽肉；或
- ¼杯（大约2盎司）豆腐；或
- 1个蛋；或
- 1茶匙花生酱或芝麻酱；或
- ¼杯烹饪过的豆类、豌豆或小扁豆；或
- ½盎司无盐坚果或籽实（芝麻）。

奶制品

3 杯

1杯奶制品的量是：
- 1杯强化豆奶或酸奶；或
- 1杯无乳糖奶或酸奶；或
- 1杯奶或酸奶；或
- 1 ½盎司硬质奶酪。

上限

上限：
- 每天添加的糖**低于70克**。
- 每天饱和脂肪**低于31克**。
- 每天钠**低于1.8克**。

身体活动

以自己的方式保持身体活跃：

6到17岁的儿童每天应活动**60分钟**。

*这个2,800卡路里模式只是对您的需要的估计。
各类食物的例子，请访问：**MyPlate.gov/food**
（只有英文版）。