










Kuv Phaj  
MyPlate.gov

# 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.

## Food Group Amounts for 3,200 Calories a Day for Ages 9 to 13 Years

 <p>Fruits</p>	 <p>Vegetables</p>	 <p>Grains</p>	 <p>Protein</p>	 <p>Dairy</p>
<p><b>2 ½ cups</b></p> <p>Focus on whole fruits</p> <p>Focus on whole fruits that are fresh, frozen, canned, or dried.</p>	<p><b>4 cups</b></p> <p>Vary your veggies</p> <p>Choose a variety of colorful fresh, frozen, and canned vegetables—make sure to include dark green, red, and orange choices.</p>	<p><b>10 ounces</b></p> <p>Make half your grains whole grains</p> <p>Find whole-grain foods by reading the Nutrition Facts label and ingredients list.</p>	<p><b>7 ounces</b></p> <p>Vary your protein routine</p> <p>Mix up your protein foods to include soy products; eggs; seafood; lean meats and poultry; beans, peas, and lentils; and unsalted nuts and seeds.</p>	<p><b>3 cups</b></p> <p>Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions)</p> <p>Look for ways to include dairy or fortified soy alternatives at meals and snacks throughout the day.</p>
<p> <b>Limit</b></p> <p>Choose foods and beverages with less added sugars, saturated fat, and sodium.</p> <p><b>Limit:</b></p> <ul style="list-style-type: none"> <li>• Added sugars to <b>less than 80 grams</b> a day.</li> <li>• Saturated fat to <b>less than 36 grams</b> a day.</li> <li>• Sodium to <b>less than 1,800 milligrams</b> a day.</li> </ul>		<p> <b>Activity</b></p> <p>Be active your way.</p> <p>Children 6 to 17 years old should move <b>60 minutes</b> every day.</p>		

# MyPlate Plan

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

In general, food group targets for a 3,200-calorie* pattern are:	Food choices	
 <p><b>2 1/2 cups</b> 1 cup of fruits counts as</p> <ul style="list-style-type: none"> <li>• 1 cup raw, canned, or cooked fruit; or</li> <li>• 1/2 cup dried fruit; or</li> <li>• 1 cup 100% fruit juice.</li> </ul>	<hr/> <hr/> <hr/> <hr/>	 <p><b>Limit:</b></p> <ul style="list-style-type: none"> <li>• Added sugars to <b>less than 80 grams</b> a day.</li> <li>• Saturated fat to <b>less than 36 grams</b> a day.</li> <li>• Sodium to <b>less than 1,800 milligrams</b> a day.</li> </ul>
 <p><b>4 cups</b> 1 cup of vegetables counts as</p> <ul style="list-style-type: none"> <li>• 1 cup raw or cooked vegetables; or</li> <li>• 1 cup canned vegetables (bamboo or mushroom); or</li> <li>• 2 cups raw or 1 cup cooked leafy greens; or</li> <li>• 1 cup 100% vegetable juice.</li> </ul>	<hr/> <hr/> <hr/> <hr/>	 <p><b>Be active your way:</b> Children 6 to 17 years old should move <b>60 minutes</b> every day.</p>
 <p><b>10 ounce-equivalents</b> 1 ounce of grains counts as</p> <ul style="list-style-type: none"> <li>• 1/2 cup cooked white or brown rice; or</li> <li>• 1/2 cup cooked noodles or pasta; or</li> <li>• 1 slice bread; or</li> <li>• 1 ounce ready-to-eat cereal.</li> </ul>	<hr/> <hr/> <hr/> <hr/>	
 <p><b>7 ounce-equivalents</b> 1 ounce of protein foods counts as</p> <ul style="list-style-type: none"> <li>• 1 ounce seafood, lean meats, or poultry; or</li> <li>• 1/4 cup (about 2 ounces) tofu; or</li> <li>• 1 egg; or</li> <li>• 1 Tbsp peanut butter; or</li> <li>• 1/4 cup cooked beans, peas, or lentils; or</li> <li>• 1/2 ounce unsalted nuts or seeds.</li> </ul>	<hr/> <hr/> <hr/> <hr/>	
 <p><b>3 cups</b> 1 cup of dairy counts as</p> <ul style="list-style-type: none"> <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>• 1 1/2 ounces hard cheese.</li> </ul>	<hr/> <hr/> <hr/> <hr/>	<p>* This 3,200-calorie pattern is only an estimate of your needs. For more examples of foods in the food groups, visit <a href="https://www.myplate.gov/food">MyPlate.gov/food</a> (only available in English).</p>



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# Pib Yooj Yim nrog Kev Npaj MyPlate

Cov txiaj ntsig ntawm kev noj kom muaj dag zog ntxiv raws lub sijhawm, ib kaug rau ib kaug. Teeb Kev hloov pauv me ntswb me ntsis kuj yog qhov tseem ceeb. Pib Yooj Yim nrog MyPlate.

Kev noj kom muaj dag zog yog qhov tseem ceeb nyob rau txhua qib ntawm lub neej thiab tuaj yeem muaj txiaj ntsig zoo uas nce ntxiv raws lub sijhawm. Nws yog ib qho tseem ceeb uas yuav tau noj ntau yam txiv hmab txiv ntoo, zaub, khoom ntsiav, khoom noj muaj protein, thiab mis lossis lwm yam mis uas siv taum daj ua. Thaum txiaj txim siab txog yam yuav noj lossis haus, ces xaiv cov kev xaiv uas muaj cov khoom noj zoo rau lub cev. Ua kom txhua kaug khoom noj muaj txiaj ntsig.

## Cov Pawg Khoom Noj kom tau ib Hnub 3,200 Calorie rau Cov Hnub Nyoog 9 txog 13 Xyos

 <p><b>Txiv Hmab Txiv Ntoo</b></p>	 <p><b>Zaub</b></p>	 <p><b>Khoom Ntsiav</b></p>	 <p><b>Protein</b></p>	 <p><b>Mis</b></p>
<p><b>2 ½ khob</b></p> <p>Tsom ntsees rau cov txiv hmab txiv ntoo tsheej lub</p> <p>Tsom ntsees rau cov txiv hmab txiv ntoo tsheej lub uas tseem tshiab, tsau txias, ntim kaus poom, lossis qhuav.</p>	<p><b>4 khob</b></p> <p>Hloov koj cov zaub</p> <p>Xaiv ntau yam zaub tshiab, tsau txias, thiab ntim kaus poom uas muaj ntau xim - nco ntsoov xaiv kom muaj cov xim ntsuab tsaus, xim liab, thiab xim txiv kab ntxwv.</p>	<p><b>10 ounce</b></p> <p>Ua kom koj cov khoom noj ntsiav muaj ib nrab yog cov khoom ua ntsiav puv</p> <p>Nrhiav cov khoom noj ntsiav puv los ntawm kev nyeem cov Ntaub Ntawv Khoom Noj Zoo Rau Lub Cev thiab cov npe khoom xyaw.</p>	<p><b>7 ounce</b></p> <p>Hloov koj cov protein txhua hnub</p> <p>Tov koj cov khoom noj uas muaj protein kom muaj cov khoom siv taum daj ua; qe; nqaij hiav txwv; nqaij ntshiv thiab nqaij tsiaj muaj tis; taum, thiab noob taum; thiab txiv ntseej thiab noob uas tsis rau ntsev.</p>	<p><b>3 khob</b></p> <p>Hloov mus rau cov mis uas muaj roj tsawg lossis tsis muaj roj kiag li lossis yogurt (lossis mis tsis muaj lactose lossis cov mis uas siv taum daj ua)</p> <p>Nrhiav cov hauv kev kom muaj mis lossis lwm yam khoom noj muaj mis uas siv taum daj ua nyob rau cov puas noj thiab cov khoom noj txom ncauj thawm hnub.</p>

Kev  
Tswj  
Ciam

**Xaiv cov khoom noj thiab cov khoom haus uas muaj piam thaj tsawg, roj thawm tsawg, thiab ntsev tsawg. Kev Tswj Ciam:**

- Cov piam thaj sam ntxiv txog **tsawg dua 80 gram** tauj ib hnub.
- Roj thawm txog rau **tsawg dua 36 gram** tauj ib hnub.
- Ntsev txog rau **tsawg dua 1,800 milligram** tauj ib hnub.








Dej Num

**Rau siab ua raws koj txoj kev.**

Cov menyuum hnub nyoog 6 txog 17 xyoo yuav tsum txav chaw **60 feeb** txhua hnub.

# Kev Npaj MyPlate

Sau cov khoom noj uas koj noj hnuv no thiab cim koj cov kev hloov pauv me-me, ib kaug xam ib kaug.

Hais qhov dav-dav, cov hom phiaj pawg khoom noj kom tau ib tug qauv 3,200-calorie* yog:	Cov kev xaiv khoom noj	
 <p><b>2 ½ khob</b></p> <p>1 khob txiv hmab txiv ntoo xam raws</p> <ul style="list-style-type: none"> <li>• 1 khob txiv hmab txiv ntoo nyoos, ntim kaus poom, lossis ua siav lawm; lossis</li> <li>• ½ khob txiv hmab txiv ntoo qhuav; lossis</li> <li>• 1 khob kua txiv 100%.</li> </ul>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	 <p><b>Kev Tswj Ciam:</b></p> <ul style="list-style-type: none"> <li>• Cov piam thaj sam ntxiv txog <b>tsawg dua 80 gram</b> tauj ib hnuv.</li> <li>• Roj thawm txog <b>tsawg dua 36 gram</b> tauj ib hnuv.</li> <li>• Ntsev txog rau <b>tsawg dua 1,800 milligram</b> tauj ib hnuv.</li> </ul>
 <p><b>4 khob</b></p> <p>1 khob zaub xam raws</p> <ul style="list-style-type: none"> <li>• 1 khob zaub nyoos lossis ua siab lawm; lossis</li> <li>• 1 khob zaub ntim kaus poom (ntsuag xyoob lossis nceb); lossis</li> <li>• 2 khob zaub nplooj ntsuab nyoos lossis 1 khob zaub nplooj ntsuab ua siav lawm; lossis</li> <li>• 1 khob kua zaub 100%.</li> </ul>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	 <p><b>Rau siab ua raws koj txoj kev.:</b></p> <p>Cov menyuam hnuv nyoog 6 txog 17 xyoo yuav tsum txav chaw <b>60 feeb</b> txhua hnuv.</p>
 <p><b>npaum li 10 ounce</b></p> <p>1 ounce ntawm cov khoom ntsiav xam raws</p> <ul style="list-style-type: none"> <li>• ½ khob mov dawb lossis mov daj uas ua siav lawm; lossis</li> <li>• ½ khob mij uas ua siav lawm lossis pasta; lossis</li> <li>• 1 daim qhaub cij hlais; lossis</li> <li>• 1 ounce khoom noj ua ntsiav uas noj tau lawm.</li> </ul>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	
 <p><b>npaum li 7 ounce</b></p> <p>1 ounce ntawm cov khoom noj muaj protein xam raws</p> <ul style="list-style-type: none"> <li>• 1 ounce ntawm khoom noj hiav txwv, nqaij ntshiv, lossis nqaij tsiaj muaj tis; lossis</li> <li>• ¼ khob (li ntawm 2 ounce) taum paj; lossis</li> <li>• 1 lub qe; lossis</li> <li>• 1 Tbsp ntawm roj txiv laum huab xeeb; lossis</li> <li>• ¼ khob noob taum, lossis taum lentil uas ua siav lawm; lossis</li> <li>• ½ ounce ntawm cov taum lossis noob uas tsis rau ntsev.</li> </ul>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	
 <p><b>3 khob</b></p> <p>1 khob mis xam raws</p> <ul style="list-style-type: none"> <li>• 1 khob mis lossis yogurt; lossis</li> <li>• 1 khob mis uas tsis muaj lactose lossis yogurt; lossis</li> <li>• 1 khob mis uas siv taum daj ua lossis yogurt; lossis</li> <li>• 1 ½ ounce ntawm cov mis khov tawv.</li> </ul>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>* Tus qauv 3,200-calorie no tsuas yog ib qho kev kwv yees txog ntawm koj cov kev tsim nyog muaj xwb. Yog xav tau cov piv txwv ntau ntxiv txog ntawm cov khoom noj hauv cov pawg khoom noj, ces mus saib hauv <a href="https://www.MyPlate.gov/food">MyPlate.gov/food</a> (tsuas muaj ua lus Askiv nkaus xwb).</p>