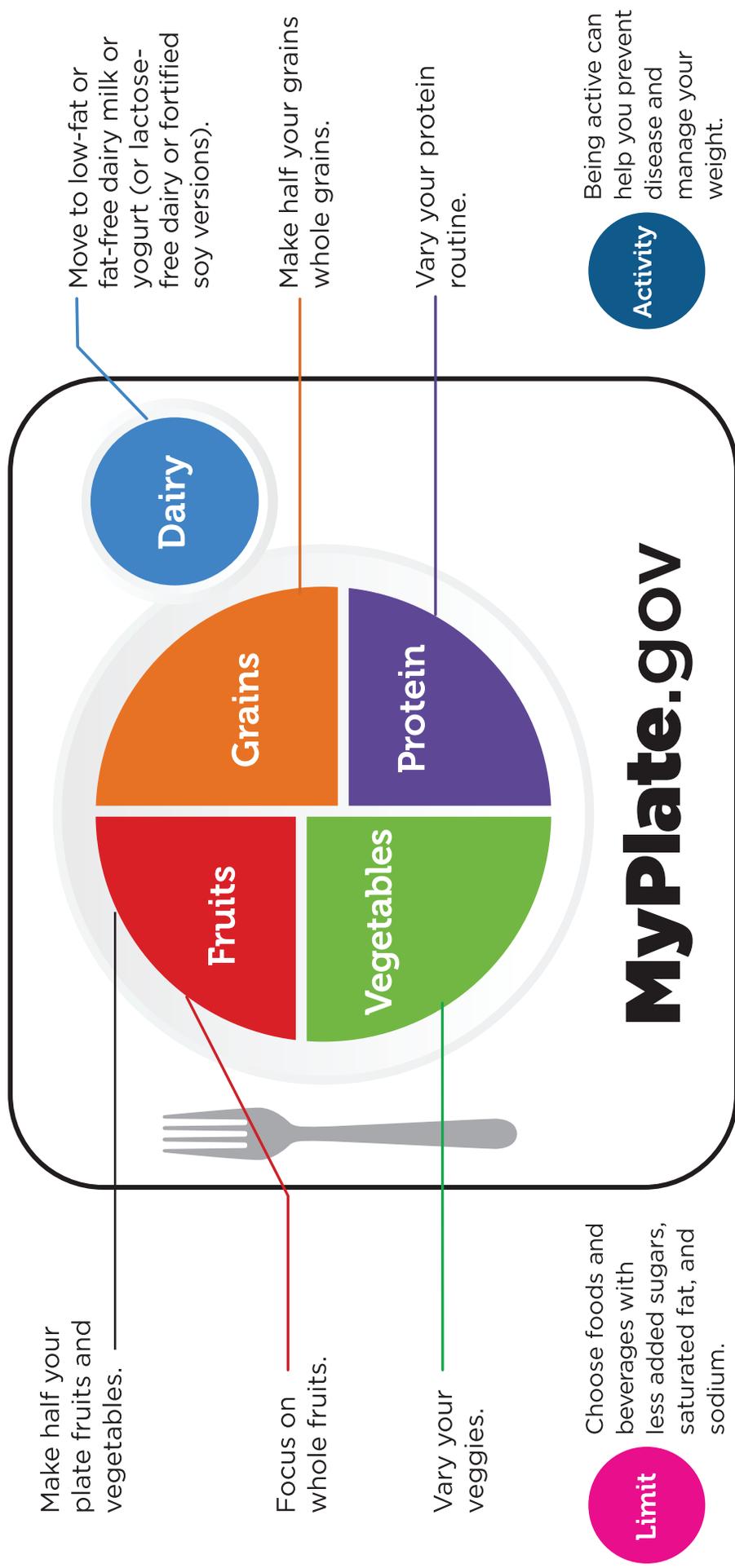


Start *simple* with MyPlate

Healthy eating is important at every life stage, with benefits that add up over time, bite by bite. Small changes matter.

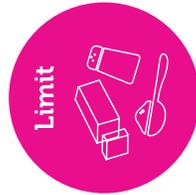


 Fruits	 Vegetables	 Grains	 Protein	 Dairy
<p>Focus on whole fruits like fresh, frozen, canned, or dried.</p> <p>Buy fruits to have them available to add to your meal or eat as a snack. If you buy juice, select 100% fruit juice.</p>	<p>Eat a variety of vegetables and add them to mixed dishes like casseroles, sandwiches, and wraps.</p> <p>Fresh, frozen, and canned count, too. Look for “reduced sodium” or “no-salt-added” on the label.</p>	<p>Choose whole-grain versions of common foods such as bread, pasta, and tortillas.</p> <p>Not sure if it’s whole grain? Check the ingredients list for the words “whole” or “whole grain.”</p>	<p>Eat a variety of protein foods such as beans, soy, seafood, lean meats, poultry, and unsalted nuts and seeds.</p> <p>Select seafood twice a week. Choose lean cuts of meat and ground beef that is at least 93% lean.</p>	<p>Choose low-fat (1%) or fat-free (skim) dairy. Get the same amount of calcium and other nutrients as whole milk, but with less saturated fat and calories.</p> <p>Lactose intolerant? Try lactose-free milk or a fortified soy beverage.</p>
<h2 style="text-align: center;">Daily Food Group Targets — Based on a 2,000 Calorie Plan</h2> <p style="text-align: center;">Visit MyPlate.gov/MyPlatePlan for a personalized plan.</p>				
<p>2 cups</p> <p><i>1 cup counts as:</i></p> <ul style="list-style-type: none"> 1 small apple 1 large banana 1 cup grapes 1 cup sliced mango ½ cup raisins 1 cup 100% fruit juice 	<p>2½ cups</p> <p><i>1 cup counts as:</i></p> <ul style="list-style-type: none"> 2 cups raw spinach 1 cup cooked collard, kale, or turnip greens 1 small avocado 1 large sweet potato 1 cup cooked beans, peas, or lentils 1 cup cut cauliflower 	<p>6 ounces</p> <p><i>1 ounce counts as:</i></p> <ul style="list-style-type: none"> 1 slice of bread ½ cup cooked oatmeal 1 small tortilla ½ cup cooked brown rice ½ cup cooked couscous ½ cup cooked grits 	<p>5½ ounces</p> <p><i>1 ounce counts as:</i></p> <ul style="list-style-type: none"> 1 ounce cooked lean chicken, pork, or beef 1 ounce tuna fish ¼ cup cooked beans, peas, or lentils 1 Tbsp peanut butter 2 Tbsp hummus 1 egg 	<p>3 cups</p> <p><i>1 cup counts as:</i></p> <ul style="list-style-type: none"> 1 cup dairy milk or yogurt 1 cup lactose-free dairy milk or yogurt 1 cup fortified soy milk or yogurt 1½ ounces hard cheese 1 cup kefir

Choose foods and beverages with less added sugars, saturated fat, and sodium.

Limit:

- Added sugars to <50 grams a day.
- Saturated fat to <22 grams a day.
- Sodium to <2,300 milligrams a day.



Activity



Don't forget physical activity!

Being active can help you prevent disease and manage your weight.

Kids ≥ 60 min/day Adults ≥ 150 min/week