

My Plate¹

MyPlate Plan can identify what to eat, how much to eat from the different food groups, and how to stay within your recommended calorie allowance.

Your food plan is personalized, based on your:

Age	Sex	Height	Weight	Physical activity
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- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products.
- Includes a variety of protein foods. Healthful options include seafood, lean meats and poultry, eggs, legumes (beans and peas), soy products, nuts, and seeds.
- Is low in added sugars, sodium (salt), saturated fats, trans fats, and cholesterol.
- Stays within your daily calorie needs

Plate method

HOW TO USE THIS METHOD

50%

of your plate **FRUITS
AND VEGETABLES**

*Focus on whole fruits.
Vary your veggies.*

25%

of your plate **GRAINS AND
STARCHY FOODS**

25%

of your plate **PROTEINS**

*Vary your protein
routine.*



Move to
LOW-FAT or
FAT-FREE
milk and yogurt.



DAIRY PRODUCTS

Take the equivalent of three cups a day between”
milk, yogurt and cheese.

FRUITS

- Fresh fruit
- Cooked fruit
- Dried fruit
- Fruit juice

VEGETABLES

- Fresh vegetables
- Cooked vegetables
- Vegetable juice



CEREALS (grains)

- Bread
- Pasta
- Cereal

PROTEINS

- Lean meat
- Chicken or fish
- Egg
- Nuts, seeds

Disclaimer: Talk with your health care professional about an eating pattern and physical activity program that is right for you.

Reference:

1. USDA MyPlate What Is MyPlate?