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.

# MyPlate guidelines

1. Make half your plate fruits and vegetables.
   1. Focus on eating whole fruit.
   2. Vary your veggies.
2. Make half your grains whole grains.
3. Vary your protein routine.
4. Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions).
5. Choose foods and beverages with less added sugars, less saturated fat, and less sodium.
6. Being active can help you prevent disease and manage your weight.

Fruit

1. Focus on whole fruits like fresh, frozen, canned, or dried.
2. Buy fruits to have it available to add to your meal or to eat as a snack.
3. If you buy fruit juice, select 100% fruit juice.
4. Try to eat 2 cups of fruit each day.

1 cup of fruit counts as:

* 1 small apple.
* 1 large banana.
* 1 cup grapes.
* 1 cup sliced mango.
* ½ cup raisins.
* 1 cup 100% fruit juice.

## Vegetables

1. Eat a variety of vegetables.
2. Add vegetables to mixed dishes like casseroles, sandwiches, and wraps.
3. Vegetables can be fresh, frozen, and canned.
4. When buying canned vegetables look for “reduced sodium” or no-salt-added" on the label.
5. Try to eat 2.5 cups of vegetables each day.

1 cup of vegetables count as:

* 2 cups of raw spinach.
* 1 cup of cooked collard greens, kale, or turnip greens.
* 1 small avocado.
* 1 large, sweet potato.
* 1 cup cooked beans, peas, or lentils.
* 1 cup cut cauliflower.

## Grains

1. Choose whole-grain versions of common foods such as bread, pasta, and tortillas.
2. Check the ingredient list on common grain foods for words like whole or whole grain to know if they are a whole grain.
3. Try to eat 6 ounces of grains each day.

1 ounce of grains count as:

* 1 slice of bread.
* ½ cup cooked oatmeal.
* 1 small tortilla.
* ½ cup cooked brown rice.
* ½ cup cooked couscous.
* ½ cup cooked grits.

## Protein

1. Eat a variety of protein.
2. Good sources of protein include: beans, soy, seafood, lean meat, poultry, and unsalted nuts and seeds.
3. Choose seafood 2 times each week.
4. Choose lean cuts of meat and ground beef that are at least 93% lean.
5. Try to eat at least 5½ ounces of protein each day.

1 ounce of protein counts as:

* 1-ounce cooked lean chicken, pork, or beef.
* 1 ounce tuna fish.
* ½ cup cooked beans, peas, or lentils.
* 1 tablespoon of peanut butter.
* 2 tablespoons of hummus.
* 1 egg.

## Dairy

1. Choose low-fat, 1%, or skim dairy.
2. When you choose low fat dairy, you get the same amount of calcium and nutrients as whole milk, but low-fat dairy has less saturated fat.
3. Low fat dairy is also lower in calories.
4. If you are lactose intolerant, try lactose-free milk or fortified soy milk as a replacement for cow’s milk.
5. Try to get 3 cups of dairy each day.

1 cup of dairy counts as:

* 1 cup dairy milk or yogurt.
* 1 cup lactose-free milk or yogurt.
* 1 cup fortified soy milk or yogurt.
* 1½ hard cheese.
* 1 cup kefir.

## Physical activity

1. Being physically active can help you prevent disease.
2. Being physically active can help you manage your weight.
3. Children should try to get at least 60 minutes of exercise each day.
4. Adults should try to get at least 150 minutes (about 2 and a half hours) each week.

## Limit some foods

1. Choose foods and beverages with less added sugars, less saturated fat, and less sodium.
2. Limit added sugars to less than 50 grams each day.
3. Limit saturated fat to less than 22 grams each day.
4. Limit sodium to less than 2,300 milligrams each day.

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