



United States Department of Agriculture

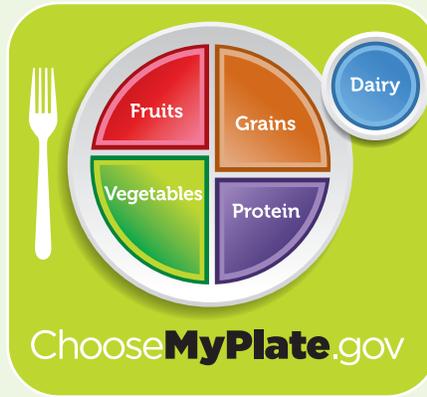
EAT THE MYPLATE WAY

Enjoy your food but eat less.

Avoid oversized portions.

Make half your plate fruits and vegetables.

Make at least half your grains whole.



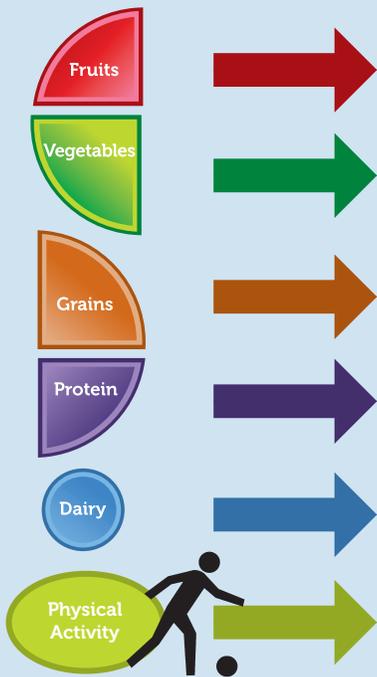
Compare sodium, sugars, and saturated fats in foods and choose the foods with lower numbers.

Drink water instead of sugary drinks.

Switch to fat-free or low-fat (1%) milk.

Be active your way.

HOW TO FILL MY PLATE



Apples • Bananas • Grapefruit • Lemons • Oranges • Strawberries
Cantaloupe • 100% Apple Juice • 100% Grape Juice

Dark Green Leafy Lettuce • Broccoli • Potatoes • Corn
Butternut Squash • Red Pepper • Garbanzo Beans • Zucchini

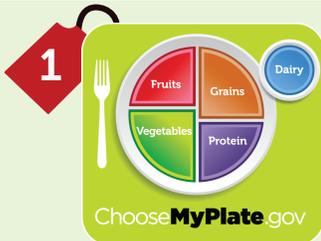
Brown Rice • Rolled Oats • Popcorn • Whole-Wheat Flour
Whole-Wheat Spaghetti • Bulgur • Whole Rye • Quinoa

Lean Cuts of Beef, Pork, Chicken • Eggs • Black Beans • Lentils
Soy Beans • Almonds • Walnuts • Haddock • Salmon • Shrimp • Tuna

Fat-Free or Low-Fat (1%) Milk, Yogurt, Cheese
Calcium-Fortified Soy Milk

Walking • Jogging • Biking • Hiking • Tennis • Basketball
Soccer • Swimming

GET STARTED!



Use ChooseMyPlate.gov for health tips and resources.



Select your daily food plan on ChooseMyPlate.gov. Use it as a guide to building a healthy plate.



Determine how many calories you should consume per day using SuperTracker.usda.gov