



United States Department of Agriculture



MyPlate Daily Checklist

Find your Healthy Eating Style

Everything you eat and drink matters. Find your healthy eating style that reflects your preferences, culture, traditions, and budget—and maintain it for a lifetime! The right mix can help you be healthier now and into the future. The key is choosing a variety of foods and beverages from each food group—and *making sure that each choice is limited in saturated fat, sodium, and added sugars*. Start with small changes—“MyWins”—to make healthier choices you can enjoy.

Food Group Amounts for 2,000 Calories a Day

2 cups	2 1/2 cups	6 ounces	5 1/2 ounces	3 cups
<p>Focus on whole fruits</p> <p>Focus on whole fruits that are fresh, frozen, canned, or dried.</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>Make half your grains whole grains</p> <p>Find whole-grain foods by reading the Nutrition Facts label and ingredients list.</p>	<p>Vary your protein routine</p> <p>Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry.</p>	<p>Move to low-fat or fat-free milk or yogurt</p> <p>Choose fat-free milk, yogurt, and soy beverages (soy milk) to cut back on your saturated fat.</p>



Drink and eat less sodium, saturated fat, and added sugars. Limit:

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

Be active your way: Children 6 to 17 years old should move 60 minutes every day. Adults should be physically active at least 2 1/2 hours per week.

Use SuperTracker to create a personal plan based on your age, sex, height, weight, and physical activity level.

SuperTracker.usda.gov

Food Group	Subgroups	Sample Foods
Fruits	Whole Fruit* Fruit Juice*	apple, banana, orange, peach, pear, grapes, watermelon, cantaloupe, pomegranate, strawberry, pineapple, mango, raisins, grapefruit, cherries, raisins, 100% fruit juice, etc.
Vegetables	Dark Green Vegetables	broccoli, collard greens, spinach, romaine, etc.
	Red and Orange Vegetables	carrots, red peppers, tomatoes, sweet potatoes, etc.
	Beans and Peas**	kidney beans, black beans, chickpeas, split peas, lentils, etc.
	Starchy Vegetables	white potatoes, corn, green peas, etc.
	Other Vegetables	mushrooms, summer squash, iceberg lettuce, avocado, etc.
Grains	Whole Grains	whole wheat bread, brown rice, popcorn, oatmeal, etc.
	Refined Grains	pretzels, English muffins, corn tortilla, grits, regular pasta, etc.
Protein Foods	Seafood	salmon, tuna, trout, tilapia, sardines, herring, mackerel, shrimp, crab, oysters, mussels, etc.
	Meat, Poultry, and Eggs	beef, chicken, turkey, pork, eggs, etc.
	Nuts, Seeds, and Soy	nuts, nut butters, seeds, soy products, etc.
Dairy	Milk and Yogurt* Cheese*	milk, yogurt, kefir, cheese, cottage cheese, calcium-fortified soymilk, etc.

*While the Fruits Group and Dairy Group do not technically have subgroups, the *2015-2020 Dietary Guidelines for Americans* recommend that Americans consume more whole fruits than fruit juice and more milk and yogurt than cheese. Whole fruit includes fresh, canned, frozen, dried, cut-up, and pureed fruit.

**Beans and peas can be considered part of the Vegetables Group or Protein Foods Group. They include key nutrients from both food groups.

Note: Americans are encouraged to choose foods in their most nutrient dense forms and to drink and eat less sodium, saturated fat, and added sugars. For example, in the Protein Foods group beef, chicken, turkey, and pork should be lean or skinless. Choices from the Dairy group should be low-fat or fat-free. And for canned vegetables, choose low sodium or no salt added options.