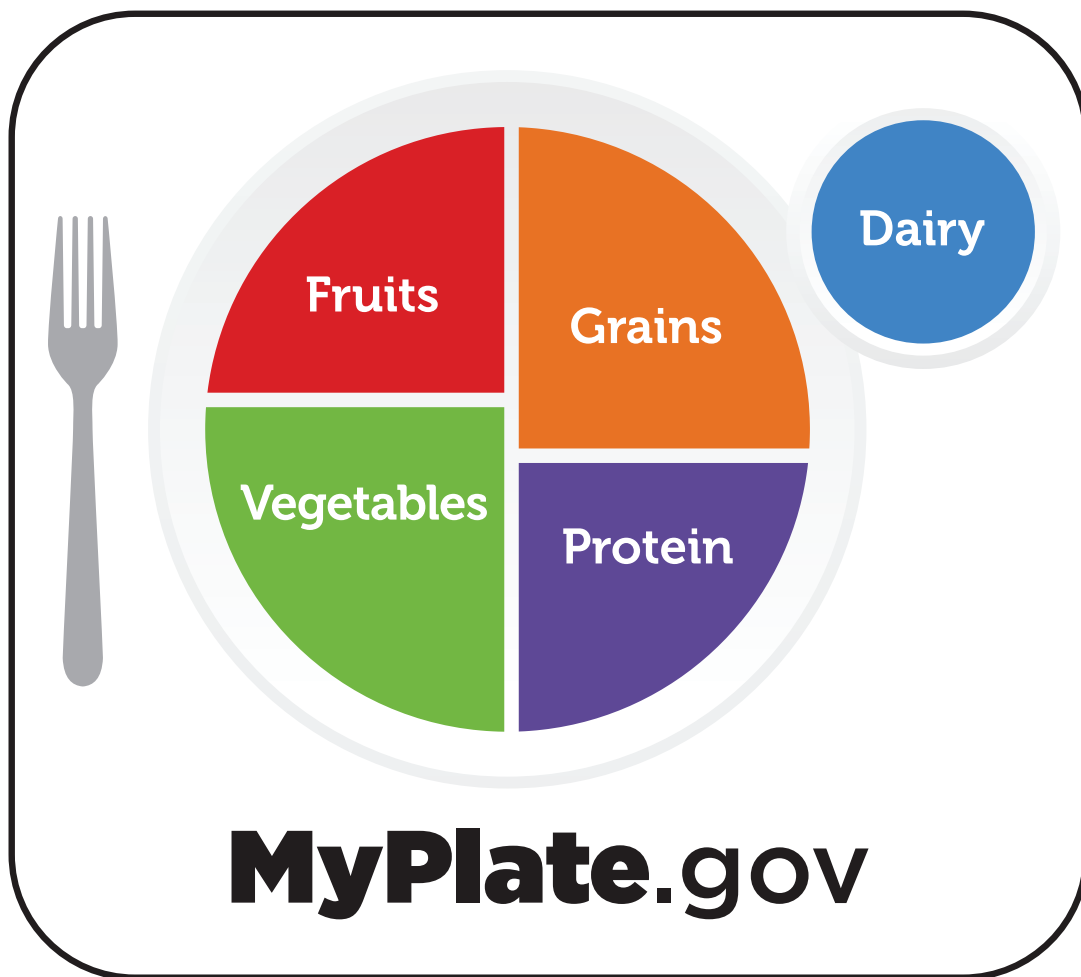


MyPlate

What's MyPlate all About?

MyPlate.gov



collated by Dr Marlene MD
DrMarleneMD.com



Food and Nutrition Service
United States Department of Agriculture

What's MyPlate All About?



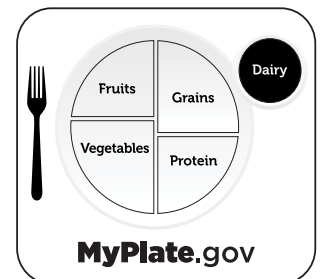
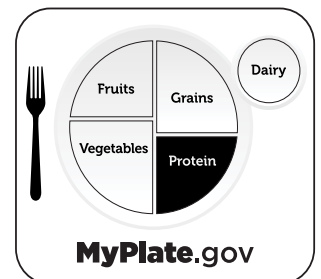
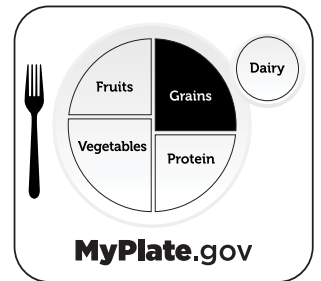
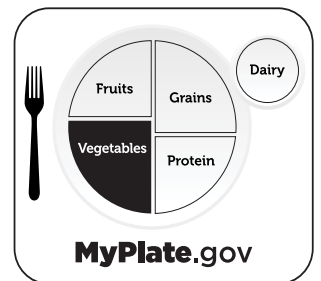
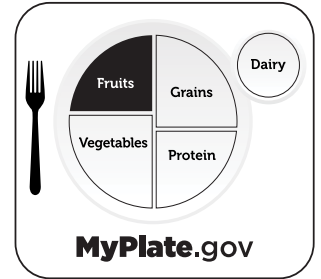
Fruits
Focus on whole fruits

Vegetables
Vary your veggies

Grains
Make half your grains whole grains

Protein Foods
Vary your protein routine

Dairy
Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions)



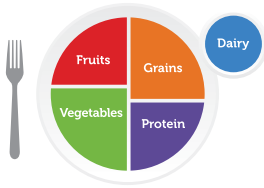
DGA Dietary Guidelines for Americans

Learn more at [MyPlate.gov](https://www.MyPlate.gov)

FNS-895
March 2021
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Start simple
with MyPlate



Start Simple with MyPlate

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Focus on whole fruits

Include fruit at breakfast! Top whole-grain cereal with your favorite fruit, add berries to pancakes, or mix dried fruit into hot oatmeal.



Vary your veggies

Cook a variety of colorful veggies. Make extra vegetables and save some for later. Use them for a stew, soup, or a pasta dish.



Vary your protein routine

Next taco night, try adding a new protein, like shrimp, beans, chicken, or beef.



Make half your grains whole grains

Add brown rice to your stir-fry dishes. Combine your favorite veggies and protein foods for a nutritious meal.



Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions)

Enjoy a yogurt parfait for breakfast made with low-fat dairy milk or fortified soymilk. Top with fruit and nuts to get in two more food groups.

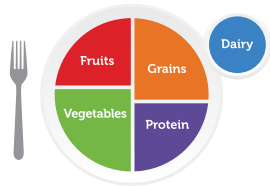


Drink and eat less added sugars, saturated fat, and sodium

Cook at home more often to limit added sugars, saturated fat, and sodium. Read the ingredients lists and use [Nutrition Facts labels](#) to compare foods.



Start simple
with MyPlate



Enjoy Vegetarian Meals

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Make simple changes

Create main dishes such as pasta primavera with vegetables and chickpeas, pizza topped with vegetables, veggie lasagna, tofu-vegetable stir-fry, and spicy bean burritos.



Think about plant-based protein

Eat a variety of plant protein foods such as black or kidney beans, cooked split peas, and yellow or green lentils. Nuts and seeds are also great options to help you meet protein needs.



Build strong bones with calcium

If you skip dairy, get calcium from fortified products like soy beverages, tofu, and some breakfast cereals and orange juices. Dark-green leafy vegetables like collard greens, spinach, and kale are sources of calcium, too.



Add nuts to your day

Choose unsalted nuts as a snack, or use them in salads or main dishes to bump up your protein, dietary fiber, and healthy fats. Slivered almonds or crushed walnuts are great on a green salad.



Have beans for lunch or dinner

Try a bean-based chili, three bean salad, or split pea soup. Because of their high nutrient content, beans, peas, and lentils, which are excellent sources of protein, fiber, folate, and several minerals, are recommended for everyone—vegetarians and nonvegetarians alike—because of their high nutrient content.








Enjoy a veggie snack

Snack on raw veggies and hummus—a Middle Eastern dip made from blended chickpeas (garbanzo beans). Hummus is rich in protein, dietary fiber, and several important minerals.



MyPlate Food Groups

Food Group	What Counts As...
 <p>Fruits</p> <ul style="list-style-type: none"> - Whole Fruit - Fruit Juice 	<p>1 cup of Fruit</p> <ul style="list-style-type: none"> • 1 cup fresh or canned fruit • 1 cup 100% fruit juice • 1/2 cup dried fruit
 <p>Vegetables</p> <ul style="list-style-type: none"> - Dark Green - Red and Orange - Beans and Peas - Starchy - Other 	<p>1 cup of Vegetables</p> <ul style="list-style-type: none"> • 1 cup fresh or canned vegetables • 1 cup 100% vegetable juice • 2 cups leafy salad greens
 <p>Grains</p> <ul style="list-style-type: none"> - Whole Grains - Refined Grains 	<p>1 ounce of Grains</p> <ul style="list-style-type: none"> • 1 slice of bread (1 ounce) • 1/2 cup cooked pasta, rice, or cereal • 1 ounce uncooked pasta or rice • 1 tortilla (6 inch diameter) • 1 pancake (5 inch diameter) • 1 ounce ready-to-eat cereal (about 1 cup cereal flakes)
 <p>Protein Foods</p> <ul style="list-style-type: none"> - Seafood - Meat, Poultry, and Eggs - Nuts, Seeds, and Soy 	<p>1 ounce of Protein Foods</p> <ul style="list-style-type: none"> • 1 ounce lean meat, poultry, or seafood • 1 egg • 1 Tablespoon peanut butter • 1/2 ounce nuts or seeds • 1/4 cup cooked beans or peas
 <p>Dairy</p> <ul style="list-style-type: none"> - Milk and Yogurt - Cheese 	<p>1 cup of Dairy</p> <ul style="list-style-type: none"> • 1 cup milk • 1 cup fortified soymilk (soy beverage) • 1 cup yogurt • 1 1/2 ounce natural cheese (e.g., Cheddar)

Want your personal calorie and food group plan?






Check out the MyPlate Plan at www.ChooseMyPlate.gov/GetMyPlan.

For tips, visit www.ChooseMyPlate.gov/StartSimple.



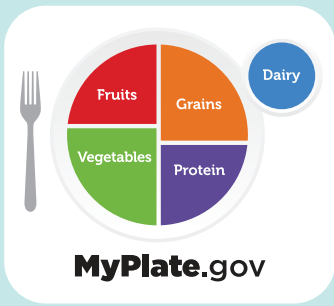
MyPlate Plan Menu

Record the food groups you eat and drink during the day for breakfast, lunch, dinner, and your snacks.

	FRUITS 	VEGETABLES 	GRAINS 	PROTEIN FOODS 	DAIRY 
DAY 1					
DAY 2					
DAY 3					
DAY 4					
DAY 5					
DAY 6					
DAY 7					



Start simple
with MyPlate



Small Changes Matter.

Start Simple With MyPlate Today.

Healthy eating is important at every stage of life.

Make half your plate fruits & vegetables.

Focus on whole fruits.



Make half your grains whole grains.

Vary your veggies.



Vary your protein routine.

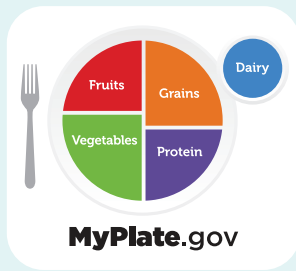
Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions).



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

The benefits add up over time, bite by bite.

Make every bite count



Take a look at your current eating routine. Pick one or two ways that you can switch to choices today that are rich in nutrition.

A healthy eating routine can help boost your health now and in the years to come. Think about how your food choices come together over the course of your day or week to help you create a healthy eating routine.

It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. Choose options for meals, beverages, and snacks that have limited added sugars, saturated fat, and sodium.



Choose from these simple tips to help you...



Focus on whole fruits

- Start your day with **fruit at breakfast**. Top cereal with your favorite seasonal fruit, add bananas or chopped apples to pancakes, or mix a spoonful or two of raisins into hot oatmeal.
- Keep **ready-to-eat fruits** in the refrigerator for a quick snack.
- For dinner, chop up a combination of seasonal, frozen, or canned fruits to make a **quick fruit salsa** to top fish or chicken. Add fruit such as orange sections, apple wedges, or grapes to a **salad**.



Vary your veggies

- Add shredded carrots to the lettuce and tomato **in your sandwich**, make **soup** from the veggies in your vegetable drawer, and **snack on raw vegetables**.
- Try a **stir-fry** with fresh or frozen vegetables for a quick meal or easy side dish.
- Pick out a vegetable that the family has not tried and **get a new recipe** from a cookbook, website, supermarket, or friend.



Make half your grains whole grains

- For breakfast, enjoy a whole-grain-based **hot or cold cereal**. Consider trying whole-grain puffs or flakes that are new to you—you might discover a new favorite!
- Instead of sandwich bread, try a **whole-grain pita, tortillas, naan or other whole-grain flatbread, sliced breads, or rolls**.
- Create your own trail mix with whole-grain cereal or enjoy whole-grain crackers with turkey, hummus, or avocado for a **healthy whole-grain snack**.



Protein



Vary your protein routine

- **Broil lean beef cuts** like sirloin, top round, or flank steak. **Roast lean types of pork tenderloin or loin chops** and slice into strips for dinner, salads, and sandwiches.
- **Have fish or seafood twice a week.** Make a lunchtime sandwich or salad with canned tuna, grill fresh or frozen tilapia or salmon for dinner, or enjoy fish tacos.
- **Meatless meals** are tasty and budget friendly. Try bean-based vegetarian chili or lentil soup, grilled or braised tofu with vegetables, or adding nuts to salads.



Dairy



Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions)

- **Add low-fat or fat-free dairy** to oatmeal or pureed vegetable soups instead of water, and to smoothies or scrambled eggs.
- The nutrients in dairy are **important at every stage of life.** Include foods like low-fat or fat-free dairy milk or yogurt. Need an alternative? Try lactose-free dairy milk or yogurt that's low-fat or fat-free or fortified soy versions.
- Looking for a beverage? Grab a **glass of low-fat or fat-free milk or fortified soy milk** (soy beverage). Choose the unsweetened option.



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

Limit



Tips for Less Added Sugars

- Choose **packaged foods that have less or no added sugars**, such as canned fruit packed in 100% juice for an easy snack, plain yogurt (you can add your own fruit), and unsweetened applesauce.
- Try chilled, **plain water or sparkling water with a squeeze of fruit** for a splash of flavor. Limit sugary beverages such as soda, lemonade, sports drinks, or fruit drinks.

Tips for Less Saturated Fat

- In place of foods higher in saturated fat, **look for foods like nuts, seeds, and fatty fish** like tuna, salmon, trout, and mackerel, which are high in unsaturated fats and a healthier choice.
- Choose **canola oil, olive oil, or other vegetable oils** for cooking.

Tips for Less Salt and Sodium

- Start simple by choosing foods with less sodium. **Check the Nutrition Facts label and choose foods with a lower percent (%) Daily Value (DV) for sodium** on the label, especially if a family member has high blood pressure, diabetes, or kidney disease.
- **Cook at home!** Preparing your own food puts you in control of how much sodium goes into your meals. Add flavor to foods with herbs, spices, lemon, lime, and vinegar instead of salt or seasonings high in sodium.



The Dietary Guidelines for Americans

Developed jointly by the U.S. Department of Agriculture and U.S. Department of Health and Human Services, the *Dietary Guidelines for Americans* are the Nation's science-based guidance on how to eat for good health. The Guidelines encourage all Americans to start and maintain a healthy eating routine. Along with physical activity, improving what you eat can help you reduce your risk of chronic diseases, such as diabetes, heart disease, some cancers, and obesity. Taking the steps in this brochure will help you follow the *Dietary Guidelines*.

For more information:

[MyPlate.gov](https://www.myplate.gov)

[DietaryGuidelines.gov](https://www.DietaryGuidelines.gov)



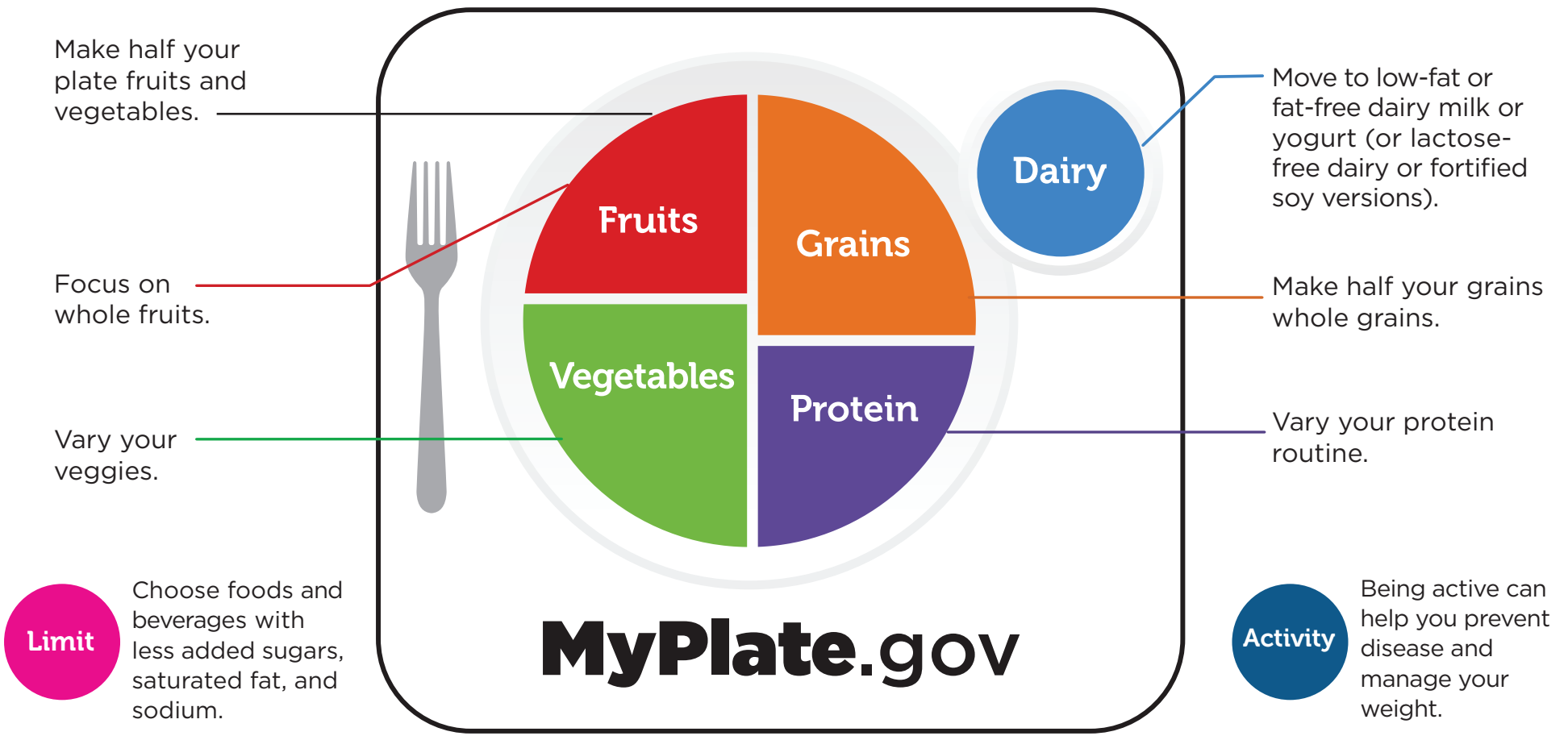
Food and Nutrition Service
USDA Publication number:
USDA-FNS-2020-2025-DGA-CP
December 2020

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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

Focus on whole fruits like fresh, frozen, canned, or dried.

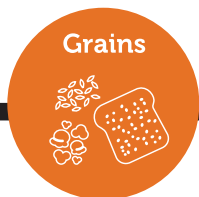
Buy fruits to have them available to add to your meal or eat as a snack. If you buy juice, select 100% fruit juice.



Vegetables

Eat a variety of vegetables and add them to mixed dishes like casseroles, sandwiches, and wraps.

Fresh, frozen, and canned count, too. Look for “reduced sodium” or “no-salt-added” on the label.



Grains

Choose whole-grain versions of common foods such as bread, pasta, and tortillas.

Not sure if it's whole grain? Check the ingredients list for the words “whole” or “whole grain.”



Protein

Eat a variety of protein foods such as beans, soy, seafood, lean meats, poultry, and unsalted nuts and seeds.

Select seafood twice a week. Choose lean cuts of meat and ground beef that is at least 93% lean.



Dairy

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.

Lactose intolerant? Try lactose-free milk or a fortified soy beverage.

Daily Food Group Targets — Based on a 2,000 Calorie Plan

Visit [MyPlate.gov/MyPlatePlan](https://www.myplate.gov/myplateplan) for a personalized plan.

2 cups

1 cup counts as:

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

2½ cups

1 cup counts as:

- 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

6 ounces

1 ounce counts 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

5½ ounces

1 ounce counts as:

- 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

3 cups

1 cup counts as:

- 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



Limit

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.

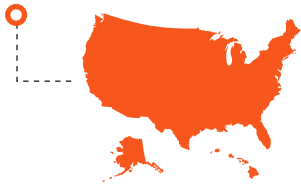
Kids ≥ 60 min/day Adults ≥ 150 min/week

Let's all EAT HEALTHY. BE HEALTHY. SAVE.

The Dietary Guidelines for Americans can help.

We're in the red.

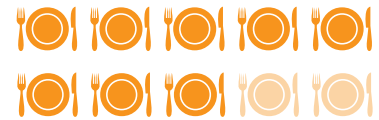
117 MILLION U.S. adults have **1+** chronic diseases.¹



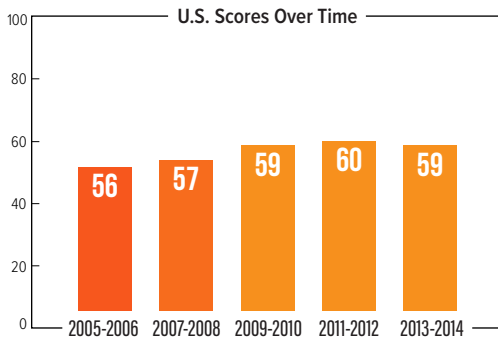
BILLIONS Spent in medical cost of diet-related chronic diseases.²



8 in 10 Americans think advice about what to eat is conflicting.³



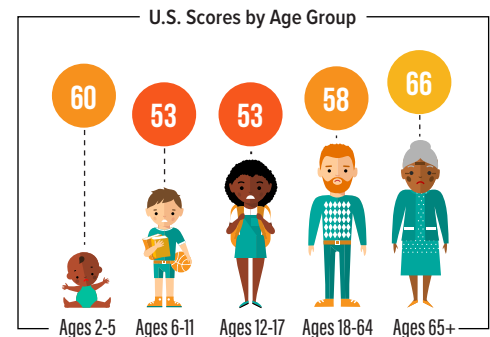
Healthy eating can help... but first, we need to do it.



59

The Healthy Eating Index Score

shows that Americans do not align their eating choices with the Dietary Guidelines. (on a scale from 0-100)



What's the return on our investment?

Each step closer to eating a diet that aligns with the **DIETARY GUIDELINES** reduces risk of:⁴



Heart Disease **Type 2 Diabetes** **Cancer**



If we invest **\$10/person** each year toward improving nutrition, increasing physical activity, and preventing tobacco use —

THAT COULD SAVE THE UNITED STATES \$16,000,000,000 annually within five years!⁵

That's a **5.6x return** for every **\$1 invested!**

3 reasons why the Dietary Guidelines matter.

PRACTICAL TOOL

[USDA and HHS] took the science and brought it into the real world of how we eat... the Academy encourages everyone to follow the Dietary Guidelines recommendations because as dietitians we stand by science-based recommendations and realize that healthy eating is one of the most powerful tools we have to reduce the onset of disease.

ACADEMY of NUTRITION & DIETETICS

DATA-DRIVEN

With confusing and often-conflicting information in the media, it is more important than ever that Americans have a clear source of science-based information about diet. We would like to see the 2020 Dietary Guidelines continue to provide Americans with science-based guidelines...

AMERICAN COLLEGE of CARDIOLOGY

FOR ALL AGES

Pediatricians routinely look to the Dietary Guidelines to provide advice to our patients... We look forward to the inclusion of science-based Dietary Guidelines for children birth to 24 months in the 2020 Dietary Guidelines for Americans... Early nutrition sets the course for preventing many diseases, even those that would occur in adulthood...

AMERICAN ACADEMY of PEDIATRICS

Released jointly by USDA and HHS every 5 years, the *Dietary Guidelines for Americans* is the cornerstone for Federal nutrition programs and a go-to resource for health professionals nationwide. For more information, go to www.DietaryGuidelines.gov.