






# Start simple with MyPlate Plan

The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate.

A healthy eating routine is important at every stage of life and can have positive effects that add up over time. It's important to 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. Make every bite count.

## Food Group Amounts for 3,000 Calories a Day for Ages 14+ Years

				
<p><b>2½ cups</b></p> <p><b>Focus on whole fruits</b></p> <p>Focus on whole fruits that are fresh, frozen, canned, or dried.</p>	<p><b>4 cups</b></p> <p><b>Vary your veggies</b></p> <p>Choose a variety of colorful fresh, frozen, and canned vegetables—make sure to include dark green, red, and orange choices.</p>	<p><b>10 ounces</b></p> <p><b>Make half your grains whole grains</b></p> <p>Find whole-grain foods by reading the Nutrition Facts label and ingredients list.</p>	<p><b>7 ounces</b></p> <p><b>Vary your protein routine</b></p> <p>Mix up your protein foods to include seafood; beans, peas, and lentils; unsalted nuts and seeds; soy products; eggs; and lean meats and poultry.</p>	<p><b>3 cups</b></p> <p><b>Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions)</b></p> <p>Look for ways to include dairy or fortified soy alternatives at meals and snacks throughout the day.</p>



**Limit**

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

- Added sugars to **less than 75 grams** a day.
- Saturated fat to **less than 33 grams** a day.
- Sodium to **less than 2,300 milligrams** a day.









**Activity**

**Be active your way:**

Children 6 to 17 years old should move **60 minutes** every day. Adults should be physically active at least **2½ hours** per week.

# MyPlate Plan

Write down the foods you ate today and track your small changes, bite by bite.

Food group targets for a 3,000-calorie* pattern are:	Write down your food choices for each food group.	Did you reach your target?	
 <p><b>Fruits</b> <b>2½ cups</b> 1 cup of fruits counts as</p> <ul style="list-style-type: none"> <li>• 1 cup raw or cooked fruit; or</li> <li>• ½ cup dried fruit; or</li> <li>• 1 cup 100% fruit juice.</li> </ul>	<hr/> <hr/> <hr/> <hr/>	Yes ___ No ___	 <p><b>Limit:</b></p> <ul style="list-style-type: none"> <li>• Added sugars to <b>less than 75 grams</b> a day.</li> <li>• Saturated fat to <b>less than 33 grams</b> a day.</li> <li>• Sodium to <b>less than 2,300 milligrams</b> a day.</li> </ul> <p>Did you reach your target?</p> Yes ___ No ___
 <p><b>Vegetables</b> <b>4 cups</b> 1 cup of vegetables counts as</p> <ul style="list-style-type: none"> <li>• 1 cup raw or cooked vegetables; or</li> <li>• 2 cups leafy salad greens; or</li> <li>• 1 cup 100% vegetable juice.</li> </ul>	<hr/> <hr/> <hr/> <hr/>	Yes ___ No ___	
 <p><b>Grains</b> <b>10-ounce equivalents</b> 1 ounce of grains counts as</p> <ul style="list-style-type: none"> <li>• 1 slice bread; or</li> <li>• 1 ounce ready-to-eat cereal; or</li> <li>• ½ cup cooked rice, pasta, or cereal.</li> </ul>	<hr/> <hr/> <hr/> <hr/>	Yes ___ No ___	
 <p><b>Protein</b> <b>7-ounce equivalents</b> 1 ounce of protein foods counts as</p> <ul style="list-style-type: none"> <li>• 1 ounce seafood, lean meats, or poultry; or</li> <li>• 1 egg; or</li> <li>• 1 Tbsp peanut butter; or</li> <li>• ¼ cup cooked beans, peas, or lentils; or</li> <li>• ½ ounce unsalted nuts or seeds.</li> </ul>	<hr/> <hr/> <hr/> <hr/>	Yes ___ No ___	
 <p><b>Dairy</b> <b>3 cups</b> 1 cup of dairy counts as</p> <ul style="list-style-type: none"> <li>• 1 cup dairy milk or yogurt; or</li> <li>• 1 cup lactose-free dairy milk or yogurt; or</li> <li>• 1 cup fortified soy milk or yogurt; or</li> <li>• 1½ ounces hard cheese.</li> </ul>	<hr/> <hr/> <hr/> <hr/>	Yes ___ No ___	

\* This 3,000-calorie pattern is only an estimate of your needs. Monitor your body weight and adjust your calories if needed.