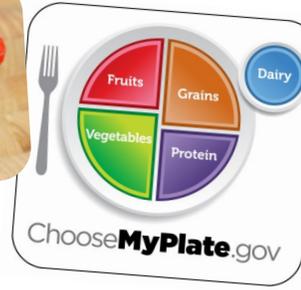




# MY PLATE FOR DUMMIES



We have all seen the MyPlate graphic many times before. But, how can you apply it to your life? What does it represent?

It's important to think about what is going on your plate. Throughout the day, include foods from all the food groups. Below is an example of how you could to split up foods from each food group throughout the day.

FOR A 2,000 CALORIE diet eat:

## GRAINS

Aim to get **6 ounces per day.**

- 1 ounce is equal to 1 slice of bread or 1/2 cup of rice, pasta, or cereal.
- Be sure to make at least half of your grains whole!

## FRUITS and VEGGIES

At each meal, try to color half of your plate with fruits and/or vegetables.

Get **2 1/2 cups of veggies per day.**

- Vary your veggies by having dark green veggies, red colored veggies, starchy veggies, and other veggies throughout the week.

Get **2 cups of fruits per day.**

- Be sure to also eat a variety of fruit. Choose whole fruit more often than fruit juice!

## Your Daily MyPlate

### BREAKFAST



### SNACK



### LUNCH



### SNACK



### DINNER



## PROTEIN

Get **5 1/2 ounces of protein per day.**

- Eat seafood twice a week and be sure to vary your protein routine by choosing beans, peas, nuts, and seeds more often. When you do consume meat or poultry, keep your portions small and lean.

DAILY ALLOWANCE FOR OILS IS 6 TEASPOONS.



Reduce sodium intake to less than 2300 mg per day.

## DAIRY

Aim to get **3 servings of dairy per day.**

- 1 serving is equal to:
  - 1 cup of milk or yogurt
  - 1 1/2 ounce of cheese
- Be sure to consume fat-free or low-fat dairy products. You can also try almond, rice, or soy milk products as tasty alternatives to dairy milk products.



In order to calculate your unique calorie needs based on your body and physical activity level, visit:

[www.supertracker.usda.gov](http://www.supertracker.usda.gov)

ONLY 260 CALORIES A DAY SHOULD COME FROM SOLID FATS AND ADDED SUGARS.