



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 3,200 Calories a Day

 <p><b>2 1/2 cups</b></p> <p>Focus on whole fruits that are fresh, frozen, canned, or dried.</p>	 <p><b>4 cups</b></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><b>10 ounces</b></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><b>7 ounces</b></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><b>3 cups</b></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>
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- Limit!** Drink and eat less sodium, saturated fat, and added sugars. Limit:
- Sodium to **2,300 milligrams** a day.
  - Saturated fat to **36 grams** a day.
  - Added sugars to **80 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](http://SuperTracker.usda.gov)








# MyPlate Daily Checklist

Write down the foods you ate today and track your daily MyPlate, MyWins!

Food group targets for a 3,200 calorie\* pattern are:

Write your food choices for each food group

Did you reach your target?

 <p><b>2 1/2 cups</b></p> <p>1 cup of fruits counts as</p> <ul style="list-style-type: none"> <li>• 1 cup raw or cooked fruit; or</li> <li>• 1/2 cup dried fruit; or</li> <li>• 1 cup 100% fruit juice.</li> </ul>	<p>_____</p> <p>_____</p> <p>_____</p>	<p><input type="checkbox"/> Y</p> <p><input type="checkbox"/> N</p>	 <p><b>Limit:</b></p> <ul style="list-style-type: none"> <li>• Sodium to <b>2,300 milligrams</b> a day.</li> <li>• Saturated fat to <b>36 grams</b> a day.</li> <li>• Added sugars to <b>80 grams</b> a day.</li> </ul> <p><input type="checkbox"/> Y <input type="checkbox"/> N</p>
 <p><b>4 cups</b></p> <p>1 cup 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>	<p>_____</p> <p>_____</p> <p>_____</p>	<p><input type="checkbox"/> Y</p> <p><input type="checkbox"/> N</p>	 <p><b>Be active your way:</b></p> <p><b>Adults:</b></p> <ul style="list-style-type: none"> <li>• Be physically active at least <b>2 1/2 hours</b> per week.</li> </ul> <p><b>Children 6 to 17 years old:</b></p> <ul style="list-style-type: none"> <li>• Move at least <b>60 minutes</b> every day.</li> </ul> <p><input type="checkbox"/> Y <input type="checkbox"/> N</p>
 <p><b>10 ounce equivalents</b></p> <p>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>• 1/2 cup cooked rice, pasta, or cereal.</li> </ul>	<p>_____</p> <p>_____</p> <p>_____</p>	<p><input type="checkbox"/> Y</p> <p><input type="checkbox"/> N</p>	
 <p><b>7 ounce equivalents</b></p> <p>1 ounce of protein counts as</p> <ul style="list-style-type: none"> <li>• 1 ounce lean meat, poultry, or seafood; or</li> <li>• 1 egg; or</li> <li>• 1 Tbsp peanut butter; or</li> <li>• 1/4 cup cooked beans or peas; or</li> <li>• 1/2 ounce nuts or seeds.</li> </ul>	<p>_____</p> <p>_____</p> <p>_____</p>	<p><input type="checkbox"/> Y</p> <p><input type="checkbox"/> N</p>	
 <p><b>3 cups</b></p> <p>1 cup of dairy counts as</p> <ul style="list-style-type: none"> <li>• 1 cup milk; or</li> <li>• 1 cup yogurt; or</li> <li>• 1 cup fortified soy beverage; or</li> <li>• 1 1/2 ounces natural cheese or 2 ounces processed cheese.</li> </ul>	<p>_____</p> <p>_____</p> <p>_____</p>	<p><input type="checkbox"/> Y</p> <p><input type="checkbox"/> N</p>	<p>* This 3,200 calorie pattern is only an estimate of your needs. Monitor your body weight and adjust your calories if needed.</p>

Track your MyPlate, MyWins



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