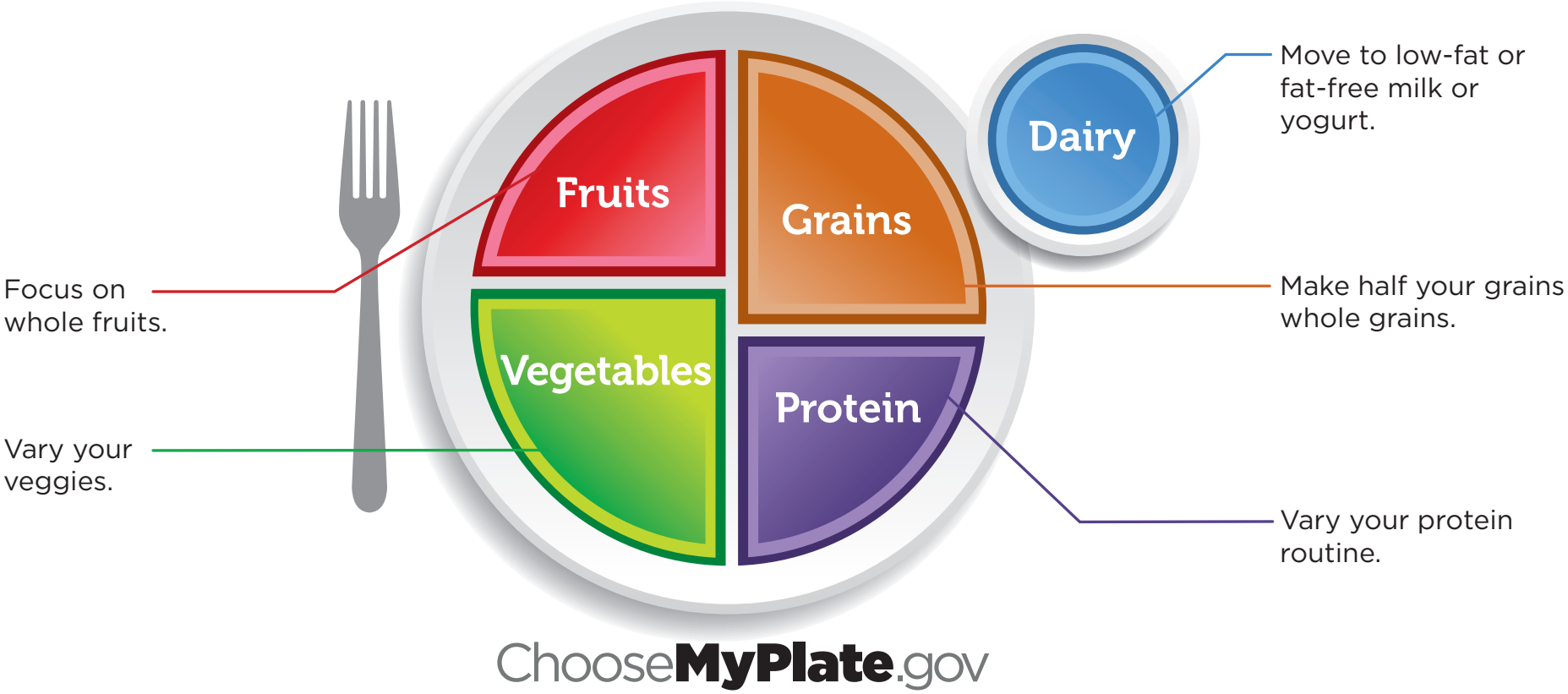
MyPlate, MyWins: Make it yours

Find your healthy eating style. Everything you eat and drink over time matters and can help you be healthier now and in the future.



Limit the extras.

Drink and eat beverages and food with less sodium, saturated fat, and added sugars.

Create 'MyWins' that fit your healthy eating style.

Start with small changes that you can enjoy, like having an extra piece of fruit today.

Fruits	Vegetables	Grains	Dairy	Protein
Focus on whole fruits and select 100% fruit juice when choosing juices. Buy fruits that are dried, frozen, canned, or fresh, so that you can always have a supply on hand.	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.	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."	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.	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.

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

Visit SuperTracker.usda.gov for a personalized plan.

2 cups	2½ cups	6 ounces	3 cups	5½ ounces
1 cup counts as:	*1 cup counts as:*	*1 ounce counts as:*	*1 cup counts as:*	*1 ounce counts as:*
1 large banana 1 cup mandarin oranges ½ cup raisins 1 cup 100% grapefruit juice	2 cups raw spinach 1 large bell pepper 1 cup baby carrots 1 cup green peas 1 cup mushrooms	1 slice of bread ½ cup cooked oatmeal 1 small tortilla ½ cup cooked brown rice ½ cup cooked grits	1 cup milk 1 cup yogurt 2 ounces processed cheese	1 ounce tuna fish ¼ cup cooked beans 1 Tbsp peanut butter 1 egg

Water

Drink water instead of sugary drinks.

Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed.

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

MyPlate, MyWins

Healthy Eating Solutions for Everyday Life

ChooseMyPlate.gov/MyWins

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