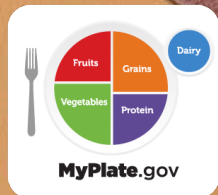




United States  
Department of  
Agriculture

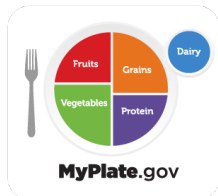
# MyPlate Resources

Supporting The Dietary Guidelines  
for Americans, 2020-2025



# Implementing the Dietary Guidelines Through MyPlate

- MyPlate is used by professionals to help people become more aware of and informed about making healthy food and beverage choices over time.
- USDA's *Start Simple with MyPlate* campaign offers resources to help Americans put the Guidelines into practice starting today.
- The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate.



# MyPlate Consumer Messaging



2020-2025 DGA call to action (“what”)



MyPlate call to action (“how”)

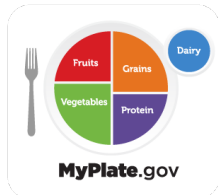
***Make every bite count with the Dietary Guidelines***

Encourages people to choose foods, beverages, meals that are full of important nutrients



***Start Simple with MyPlate***

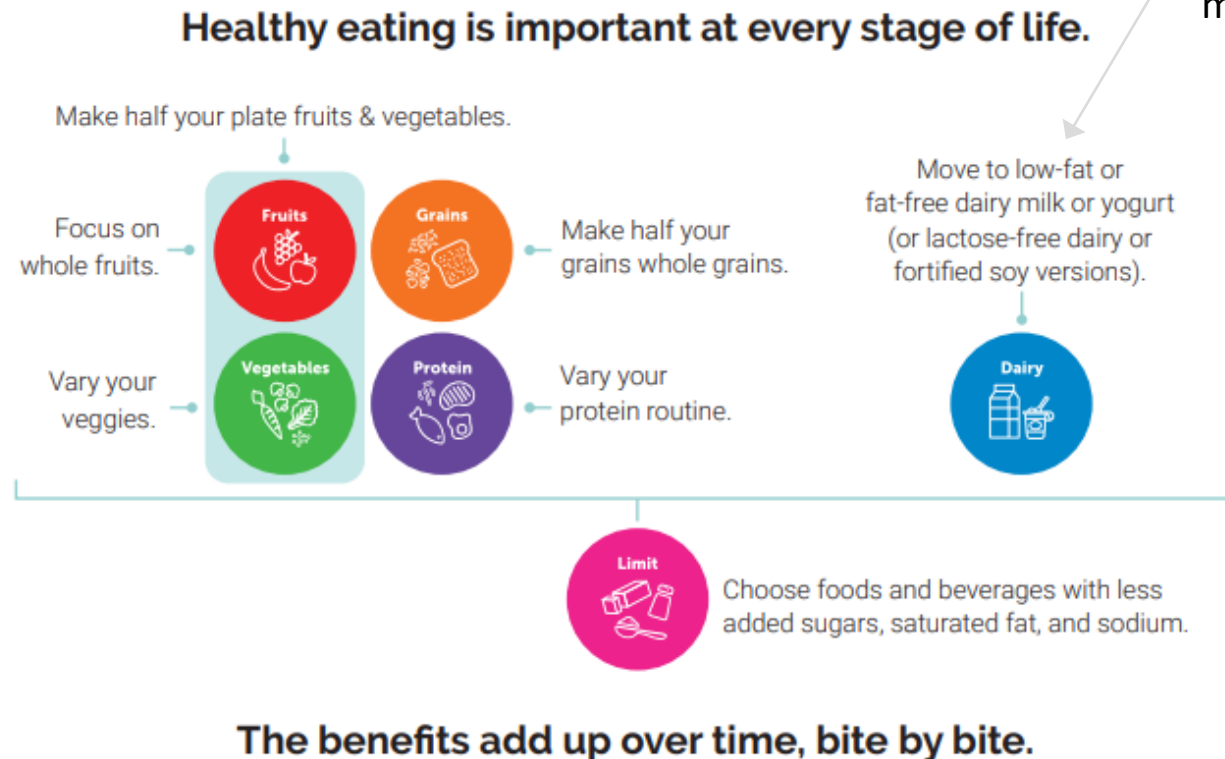
Provides inspiration and simple ideas people can incorporate into their busy lives to help them improve their health and well-being over time



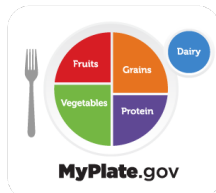


# Key Consumer Messages

- *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 and fortified soy alternatives.*
- *When deciding what to eat or drink, choose options that are full of nutrients. Make every bite count.*



\*Dairy message was updated to be more inclusive



# Key MyPlate Tools and Resources

New



## MyPlate.gov

The newly designed website will be more visual and streamlined with easy-to-find information.

New



## MyPlate on Alexa

MyPlate is now available as an Alexa skill! Get MyPlate healthy eating tips for feeding babies and toddlers.

New



## MyPlate Quiz

Consumers receive a snapshot of how they're doing on the MyPlate food groups and get personalized resources based on their quiz results.

New



## Toolkits for Partners and Professionals

Targeted roadmaps to key assets for dietitians, food industry, public health, educators, and communication partners.

New



## Start Simple with MyPlate app

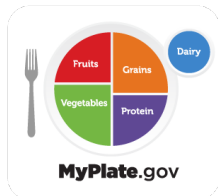
Set simple daily food group goals, see progress, and earn badges to celebrate success! **NEW:** sync results from the MyPlate Quiz to set goals! Available in the App Store and Google Play.

New



## Shop Simple with MyPlate tool

Find savings in your area and discover new ways to prepare budget-friendly foods.

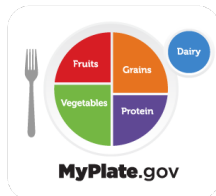
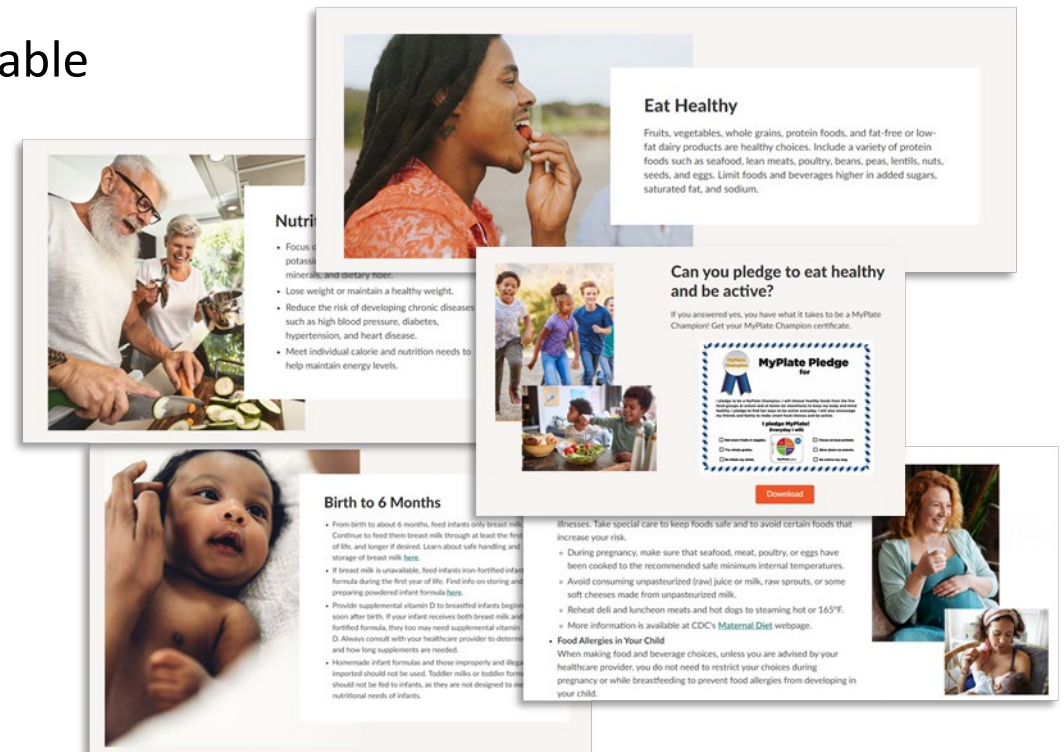
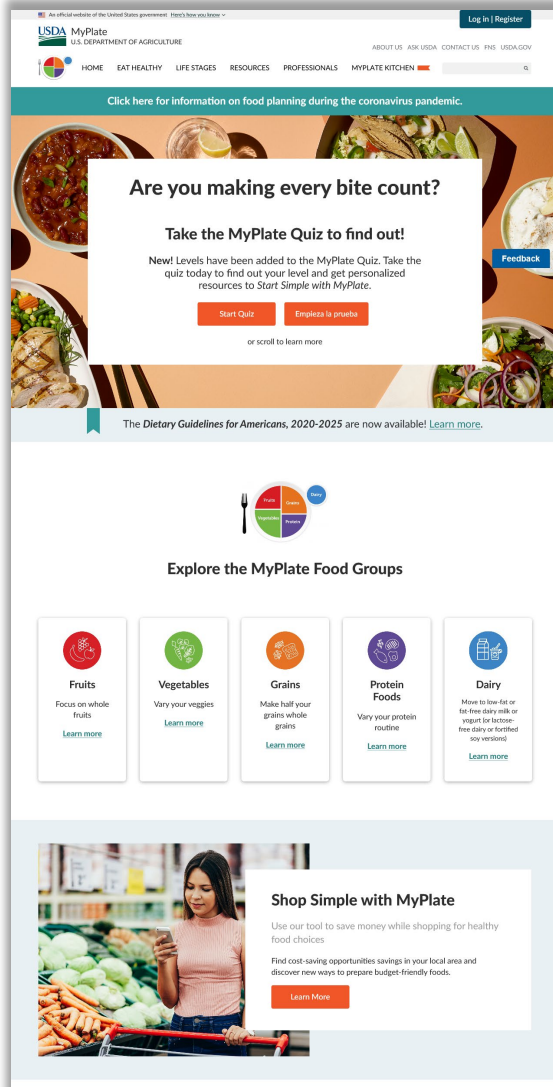


# MyPlate.gov

## MyPlate.gov— new design and layout

## Information and resources available organized by **Life Stages**:

- Pregnancy, Breastfeeding, Infants, Toddlers
- Preschoolers, Kids, Teens
- Young Adults, Adults, Older Adults
- Families

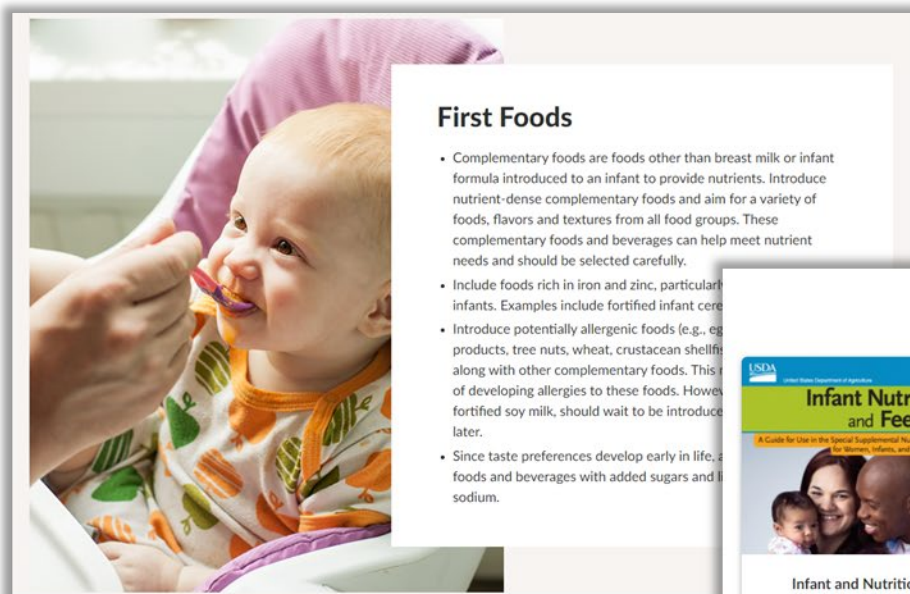


# Closer Look: MyPlate.gov

## Life Stages

Each life stage page contains:

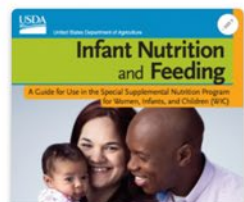





- Key information for that audience from the Dietary Guidelines
- Links to additional resources for that particular life stage



**First Foods**

- Complementary foods are foods other than breast milk or infant formula introduced to an infant to provide nutrients. Introduce nutrient-dense complementary foods and aim for a variety of foods, flavors and textures from all food groups. These complementary foods and beverages can help meet nutrient needs and should be selected carefully.
- Include foods rich in iron and zinc, particularly for infants. Examples include fortified infant cereals.
- Introduce potentially allergenic foods (e.g., eggs, peanuts, tree nuts, wheat, crustacean shellfish) along with other complementary foods. This helps reduce the risk of developing allergies to these foods. However, if your child has a severe allergy to a food, fortified soy milk, should wait to be introduced later.
- Since taste preferences develop early in life, introduce a variety of foods and beverages with added sugars and sodium.

**Resources**

-   
Infant and Nutrition Feeding Guide  
[View](#)
-   
How to Clean, Sanitize, and Store Infant Feeding Items  
[English](#) [Spanish](#)
-   
Storage and Preparation of Breast Milk  
[English](#) [Spanish](#)
-   
How to Keep Your Breast Pump Kit Clean  
[English](#) [Spanish](#)
-   
Reducing the Risk of Choking in Young Children at Mealtimes  
[English](#) [Spanish](#)
-   
How to Prepare and Store Powdered Infant Formula  
[View](#)



# Closer Look: Healthy Eating on a Budget

## Healthy Eating on a Budget

Empower consumers to stretch food dollars with tips and links to budget-friendly resources



### Make a Plan

Making a plan can help you get organized, save money, and choose healthy options



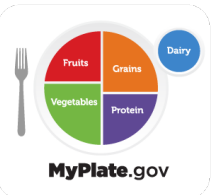
### Shop Smart

To get the most for your dollar, follow the tips in this section as you shop



### Prepare Healthy Meals

Find tips and tricks for making healthier meals that fit your schedule





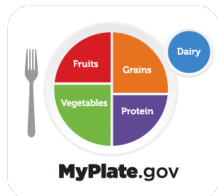
# MyPlate Quiz

New

The screenshot shows the MyPlate.gov website interface. At the top, there's a navigation bar with links like HOME, EAT HEALTHY, LIFE STAGES, RESOURCES, PROFESSIONALS, and MYPLATE KITCHEN. A yellow starburst with the word "New" is in the top left corner. The main content area features the text "MyPlate.gov What's on your plate? Are you making every bite count? Take the quiz to find out and get personal resources to Start Simple with MyPlate." Below this are two buttons: "Start Quiz" and "Empieza la prueba".

Below the main content, a sample quiz question is displayed: "How often do you eat from the Grains Group?". It includes a "Did you know?" tip: "The Grains Group includes any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain. Bread, pasta, breakfast cereals, grits, and tortillas are examples of grain products. Foods such as popcorn, rice, and oatmeal are also included in the Grains Group." There are three options with corresponding illustrations: "Never/Rarely 0-2 days per week" (bread), "Occasionally 3-5 days per week" (sandwich), and "Often/Always 6+ days per week" (sandwich with rice). A "Continue" button is at the bottom, and a progress bar shows "52% Complete".

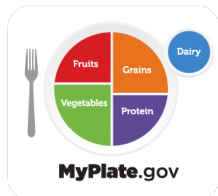
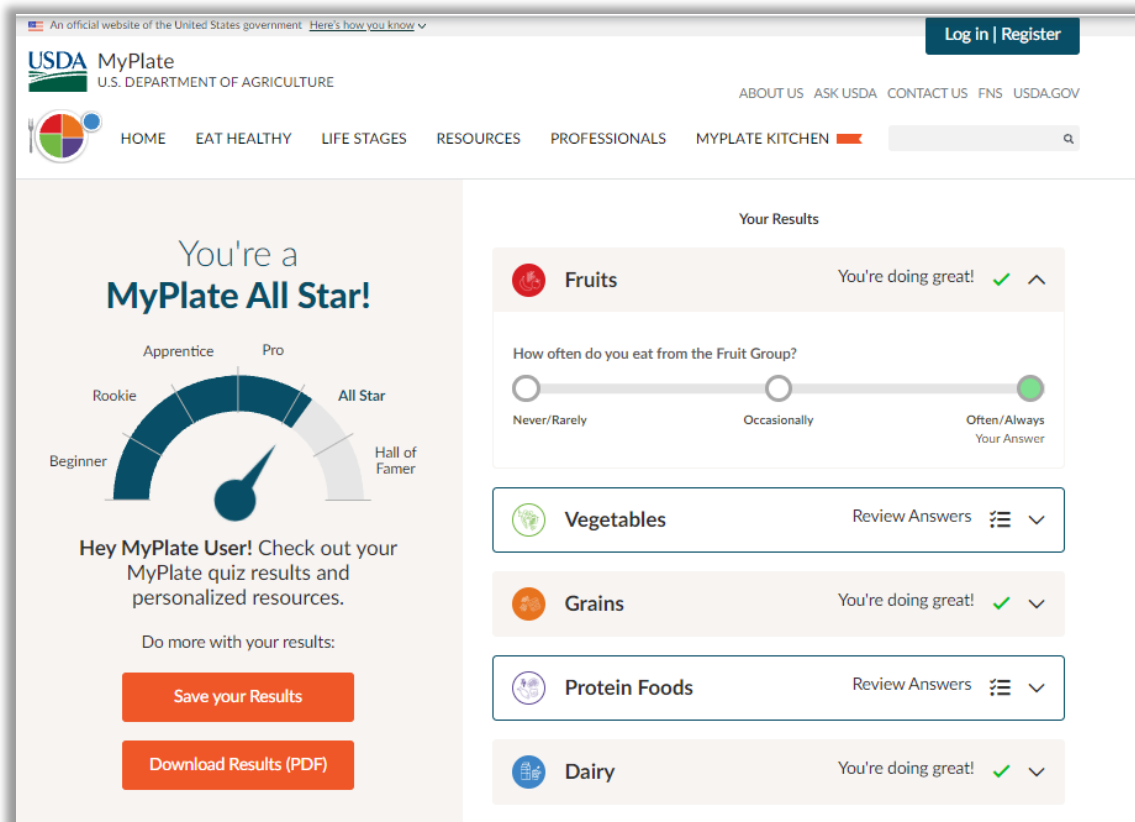
- An interactive online tool that consumers can use to get a general assessment of their eating behaviors
- Users answer a series of 20 questions about the MyPlate food groups and their healthy eating interests
- The MyPlate Quiz and supporting materials are available in Spanish



# MyPlate Quiz – Results Page

On the results page, consumers receive:

- A snapshot of how they're doing on the MyPlate food groups
- A MyPlate Level; there are 6 levels ranging from MyPlate Beginner to MyPlate Hall of Famer
- Ability to save quiz results and download a PDF
- Take the quiz, save your results, and take the quiz again to see if your level has improved overtime



# MyPlate Quiz – Results Page

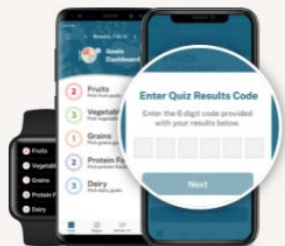
## Free resources and tools for you

### Start Simple with MyPlate App

Use your quiz results code to set food group goals in the [Start Simple with MyPlate app](#)

Your results code:

6 5 1 5 1 8



Available on:



### Tip Sheets



Start Simple with MyPlate

[View the tip sheet](#)



Vary Your Protein Routine

[View the tip sheet](#)



Healthy Snacking with MyPlate

[View the tip sheet](#)



Vary Your Veggies

[View the tip sheet](#)

### MyPlate Plan

Get your [MyPlate Plan](#) to see your food group targets – what and how much to eat within your calorie allowance.



### MyPlate Kitchen Recipes

Find recipes on [MyPlate Kitchen](#) for all of the MyPlate food groups.



[Fruits](#)



[Vegetables](#)

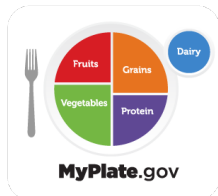


[Protein Foods](#)

[View all recipes](#)

Also on the results page, consumers receive tailored information and resources, including:

- Ability to sync their Quiz results with the *Start Simple with MyPlate* app
- The MyPlate Plan
- Recipes from MyPlate Kitchen in the targeted food groups
- Suggested tip sheets based on the quiz responses



# Closer Look: MyPlate Resources

## Print Materials & Graphics

- Browse our collection of resources, including 29 new tip sheets
- Search by Audience, Topic, and Resource Type
- Find tip sheets, infographics, lesson plans, activity sheets, and more
- New *Dietary Guidelines 2020-2025* consumer brochure (available in Spanish)
- MyPlate icon available in 22 languages







# Closer Look: MyPlate Resources

## New Print Materials search tool

- Filter through resources by Audience, Topic, and/or Resource Type
- Over 75 print materials available
- Results are displayed as gallery “cards” to give a preview of the material before clicking/tapping
- Optimized to work well on both desktop/laptop and mobile, for on-the-go education needs

Refine your search

Audience

- ☐ Adults (44)
- ☐ Educators (54)
- ☐ Families (53)
- ☐ Infants (0-1 year) (1)
- ☐ Kids (5-12 years) (24)
- ☐ Older Adults (65+ years) (43)
- ☐ Pregnancy (1)
- ☐ Preschoolers (2-4 years) (12)
- ☐ Professionals (20)
- ☐ Teens (33)
- ☐ Toddlers (1-2 years) (7)
- ☐ Young Adults (46)

Topic


- ☐ Budget friendly (16)
- ☐ Dairy (8)
- ☐ Food shopping (7)
- ☐ Fruits (14)
- ☐ Grains (10)
- ☐ Healthy eating (45)
- ☐ Healthy snacking (1)
- ☐ Meal ideas (4)
- ☐ Meal planning (22)
- ☐ MyPlate (16)
- ☐ Protein foods (8)
- ☐ Vegetables (14)


Resource type


- ☐ Activity sheets (16)
- ☐ Available in Spanish (7)
- ☐ Fact sheets (9)
- ☐ Infographics (19)
- ☐ Lesson plans (3)
- ☐ Posters (1)
- ☐ Tip sheets (38)


Displaying 1 - 12 of 77


Items per page 12 Sort by Title (A to Z)


 A Brief History of the USDA Food Guides [View PDF](#)


 Be Salt Smart [View](#)


 Behavioral Milestones [View PDF](#)


 Berries 5 Ways [View PDF](#)

 Brown Rice 5 Ways [View PDF](#)

 Canned Peaches 5 Ways [View PDF](#)

 Canned Pears 5 Ways

 Celebrations and Gatherings

 Crack the Secret Code

# New Toolkits for Partners and Professionals

New



## Registered Dietitian Nutritionists

This toolkit presents a roadmap to MyPlate information and resources for Registered Dietitian Nutritionists and food and nutrition professionals.

[Learn More](#)



## Food Producers and Retailers

In this toolkit, people working across the food supply chain can find ideas for using MyPlate with employees, customers, and consumers.

[Learn More](#)



## Community and Professional Organizations

In this toolkit, public health and health professionals are guided to resources that provide a foundation for working with patients and clients in the community.

[Learn More](#)



## Communicators and Educators

This toolkit directs those who incorporate MyPlate messages into their communications and lesson plans to a broad array of information and resources.

[Learn More](#)

## Registered Dietitian Nutritionists

As Registered Dietitian Nutritionists (RDN), you're at the forefront of educating patients, consumers, and students about healthy eating. Incorporate MyPlate's free, ready-made resources as a simple starting point to help people of all ages and stages of life to follow the [Dietary Guidelines for Americans, 2020-2025](#).

[Back to Toolkits](#)

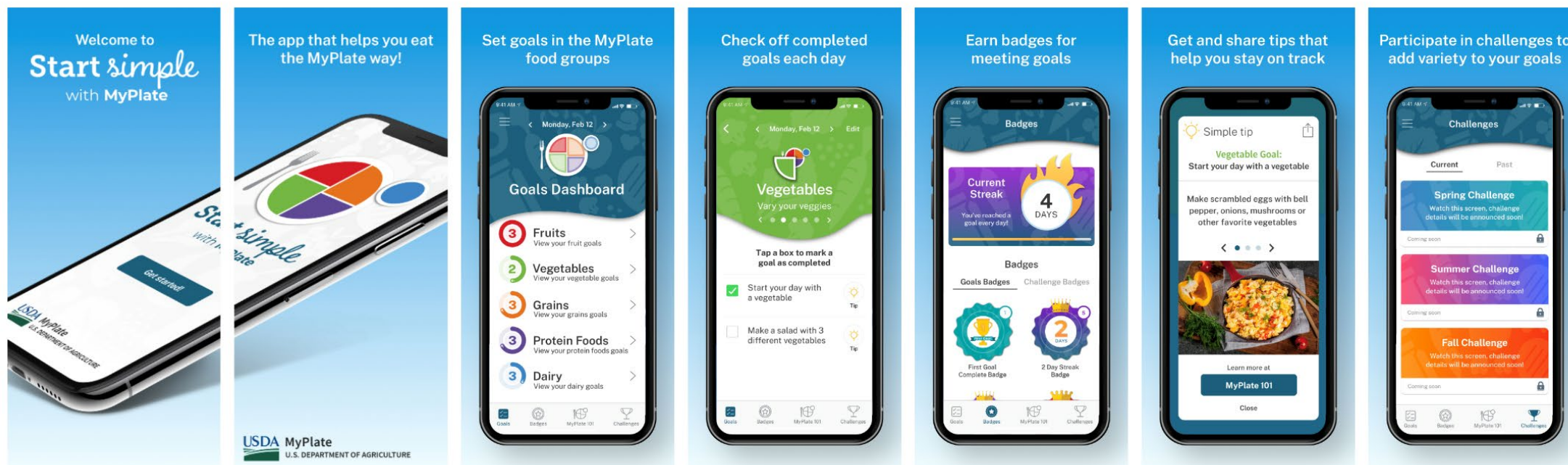
### Start Simple with MyPlate

*Start Simple with MyPlate* is at the core of helping people to eat a healthy diet at every age and stage of life. [MyPlate](#) encourages small changes that are doable, [affordable](#), and result in lasting eating routines that promote good health.

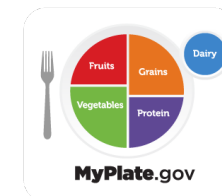
- Looking for resources that can be personalized? MyPlate tools can help. For example:
  - The new [MyPlate Quiz](#) is a quick self-assessment tool that provides tailored resources based answers to a series of simple questions about current eating habits. The results page provides a snapshot of how the user is doing in meeting food group recommendations.
  - The user can then sync quiz results with the [Start Simple with MyPlate](#) app to set daily goals organized by food group. Each goal can be personalized to personal preference, cultural foodways, and budget needs, and includes sample tips as starter ideas. Get the most out of the app with its [Scavenger Hunt Worksheet](#), [Student Lesson Plan](#), and [Community Lesson Plan](#).
- [MyPlate Kitchen](#) serves up recipes with nutrition-focused search filters, as well as recipe videos, and other helpful resources. Users can also favorite recipes and create their own cookbooks to keep online or print at home.
- MyPlate can be adapted to fit every budget. The [Healthy Eating on a Budget](#) section provides tips and resources for making a shopping plan, shopping smart, and preparing healthy meals to stretch food dollars while making wise decisions about what to eat.



# Start Simple with MyPlate App



For more information and a video tutorial, visit:  
[Start Simple with MyPlate App page on MyPlate.gov](https://www.MyPlate.gov/StartSimple)

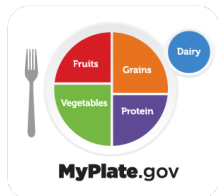


# Start Simple with MyPlate App: Overview



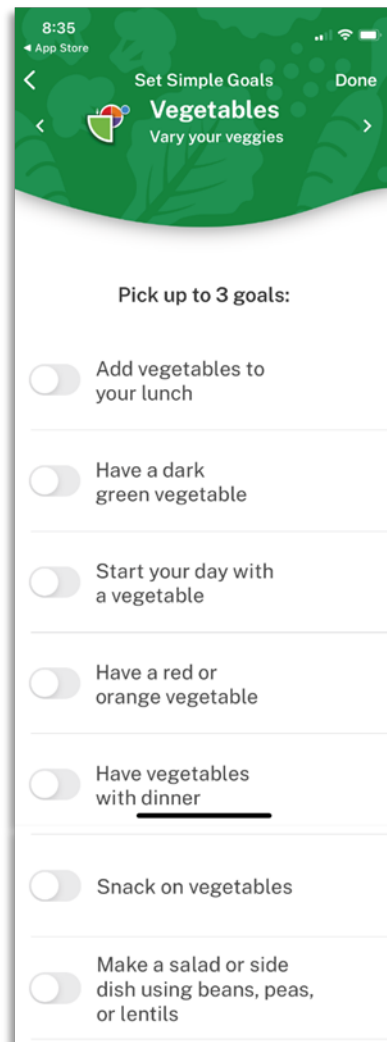
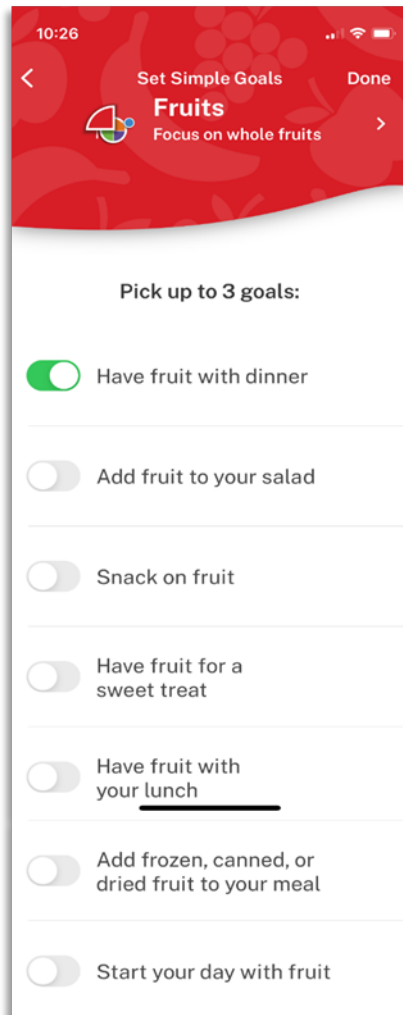
## Overview

- Goal-setting tool for consumers, to meet them where they are
- Designed with simplicity in mind to engage a broad audience of users
- Highly customizable – users **choose food group goals** that work for them
- **See real-time progress:** check off goals on the Dashboard as they are completed
- **Earn badges** to celebrate success: variety of badges are available as goals are completed. Share badges on social media
- **Join challenges** to stay motivated and try new goals





# Start Simple with MyPlate App: Goals



## A closer look at goals:

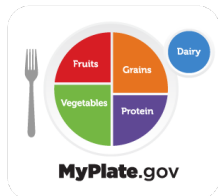
- App users choose daily food group goals that are the best fit for them
- Within each food group, users can select up to 3 goals from a bank of 7
- Users are not required to select goals for all food groups
- Each goal has 3 corresponding tips with ideas for implementing the goal or change



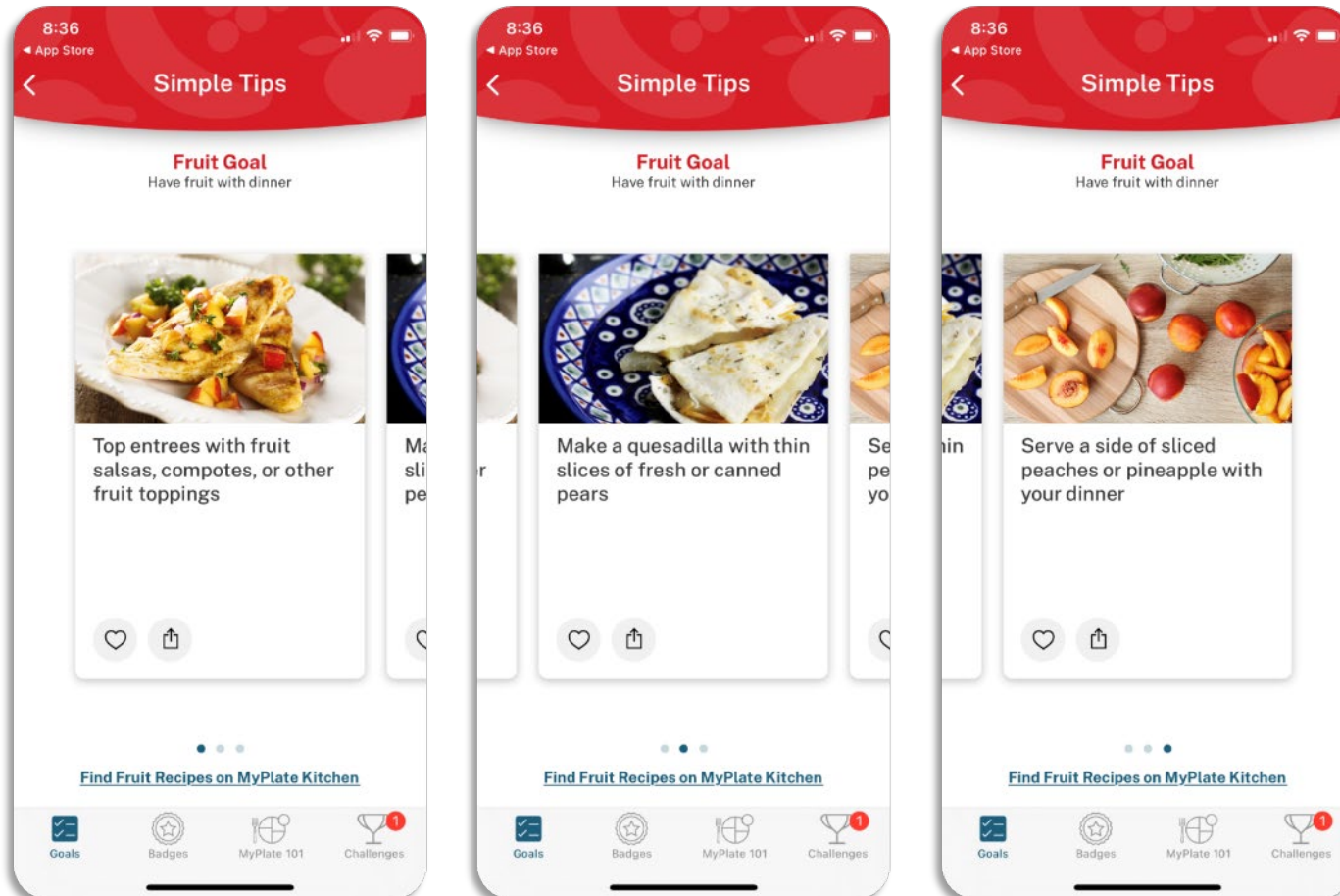
Add vegetables to your lunch



Tips

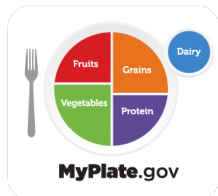


# Start Simple with MyPlate App: Tips

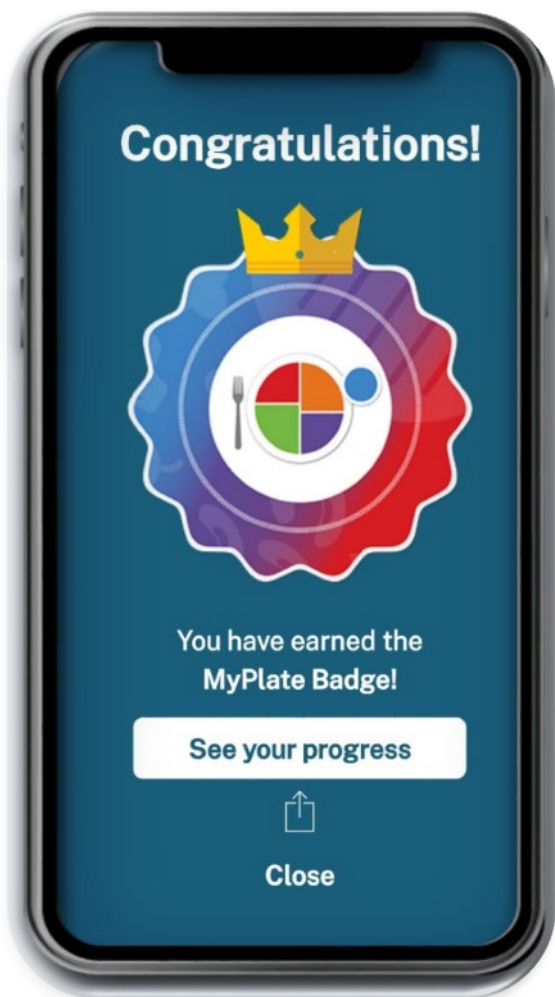


## A closer look at tips:

- Tips with written with variety in mind: ease of implementation, availability of ingredients, costs of foods
- Colorful photos accompany each tip for motivation
- Each tip can be “favorited” or shared
- At the bottom of each tip is a link for recipes from that food group



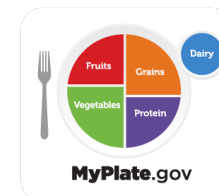
# Start Simple with MyPlate App: Badges



Earn a variety of badges including:

- First Goal Complete
- Daily Streaks
- Food Group Badges
- MyPlate Badge
- Challenge Badges

Badges can be shared with friends and family on social media



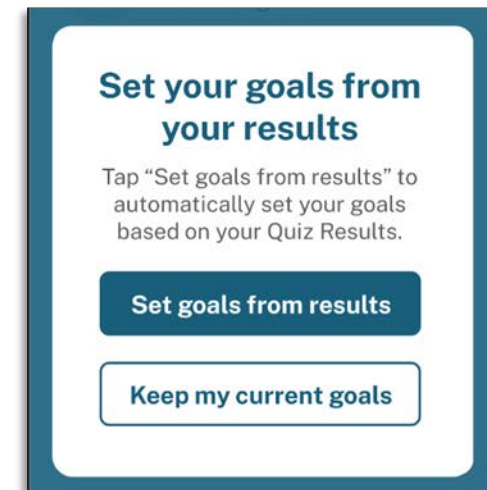
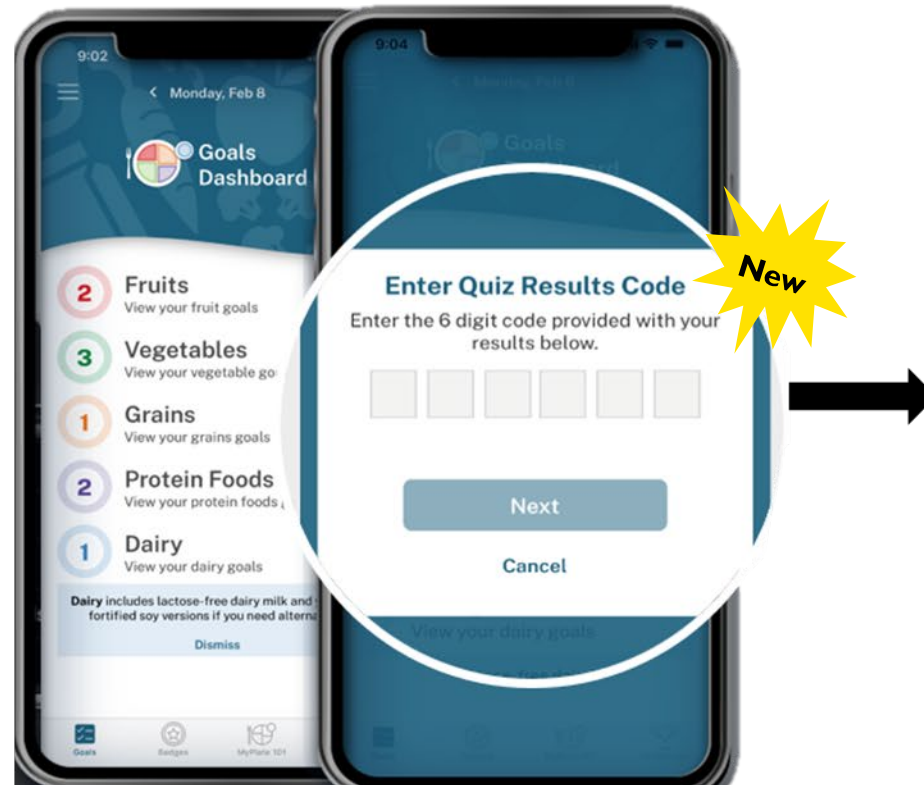
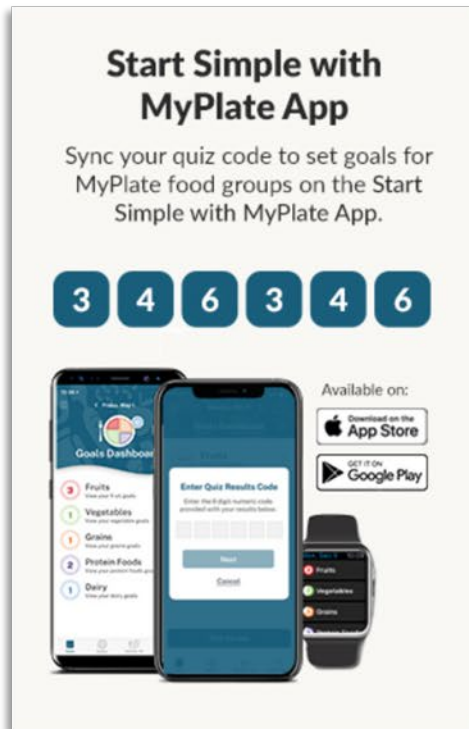
# Start Simple with MyPlate App

## Sync with Smartwatch

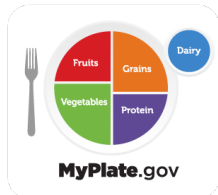




# Sync Quiz with the MyPlate App



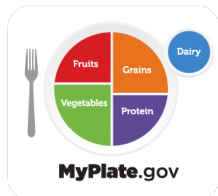
- Users have the option to use their quiz results to set goals in the *Start Simple with MyPlate* app
- Users receive a custom code on their quiz results page that can be used in the app



# Personalized MyPlate Plans



- Consumers can use the MyPlate Plan calculator get a personalized plan based on their age, sex, height, weight, and physical activity level
- Also available in Spanish
- The calculator tool can be embedded as a widget onto any website





# Closer Look: MyPlate Plans

## Your MyPlate Plan: 2800 Calories, Age 14+

Below are the daily recommended amounts for each food group.  
Click on the food group buttons to learn more and get started.

*Talk with your health care provider about an eating pattern and physical activity program that is right for you.*

[Back to MyPlate Plan](#)



### 2½ cups

1 cup from the Fruit Group counts as:  
- 1 cup raw, frozen, or cooked/canned fruit;  
or  
- ½ cup dried fruit; or  
- 1 cup 100% fruit juice

[Read more](#)



### 7 ounces

1 ounce from the Protein Foods Group counts as:  
- 1 ounce seafood, lean meat, or poultry; or  
- 1 egg; or  
- 1 Tbsp peanut butter; or  
- ¼ cup cooked beans, peas, or lentils; or

[Read more](#)



### 3½ cups

1 cup from the Vegetable Group counts as:  
- 1 cup raw or cooked/canned vegetables; or  
- 2 cups leafy salad greens; or  
- 1 cup 100% vegetable juice

[Read more](#)



### 3 cups

1 cup from the Dairy Group counts as:  
- 1 cup dairy milk or yogurt; or  
- 1 cup lactose-free dairy milk or yogurt; or  
- 1 cup fortified soy milk or yogurt; or  
- 1½ ounces hard cheese

[Read more](#)



### 10 ounces

1 ounce from the Grains Group counts as:  
- 1 slice bread; or  
- 1 ounce ready-to-eat cereal; or  
- ½ cup cooked rice, pasta, or cereal

[Read more](#)

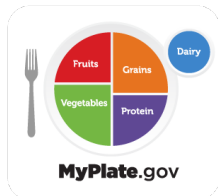
- The resulting MyPlate Plan shows food group targets – what and how much to eat within a personalized calorie allowance



MyPlate Plans are available for 31 age/calorie levels (in English and Spanish), including new Plans for ages 12-23 months



MyPlate Plan PDFs are available in both English and Spanish

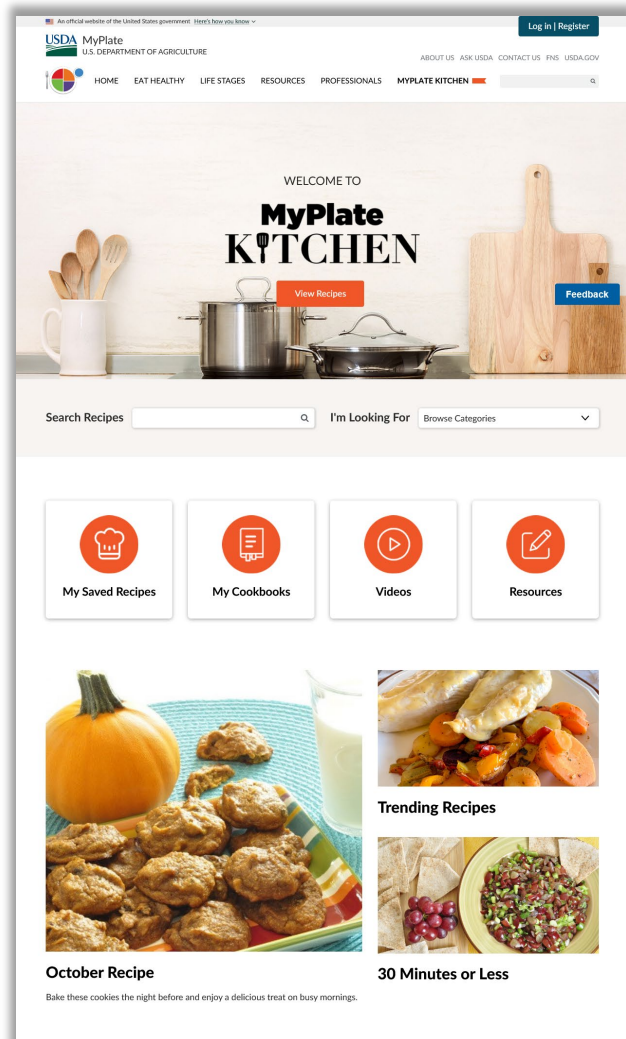


# Welcome to MyPlate Kitchen

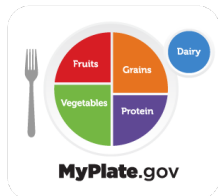




# MyPlate Kitchen Overview

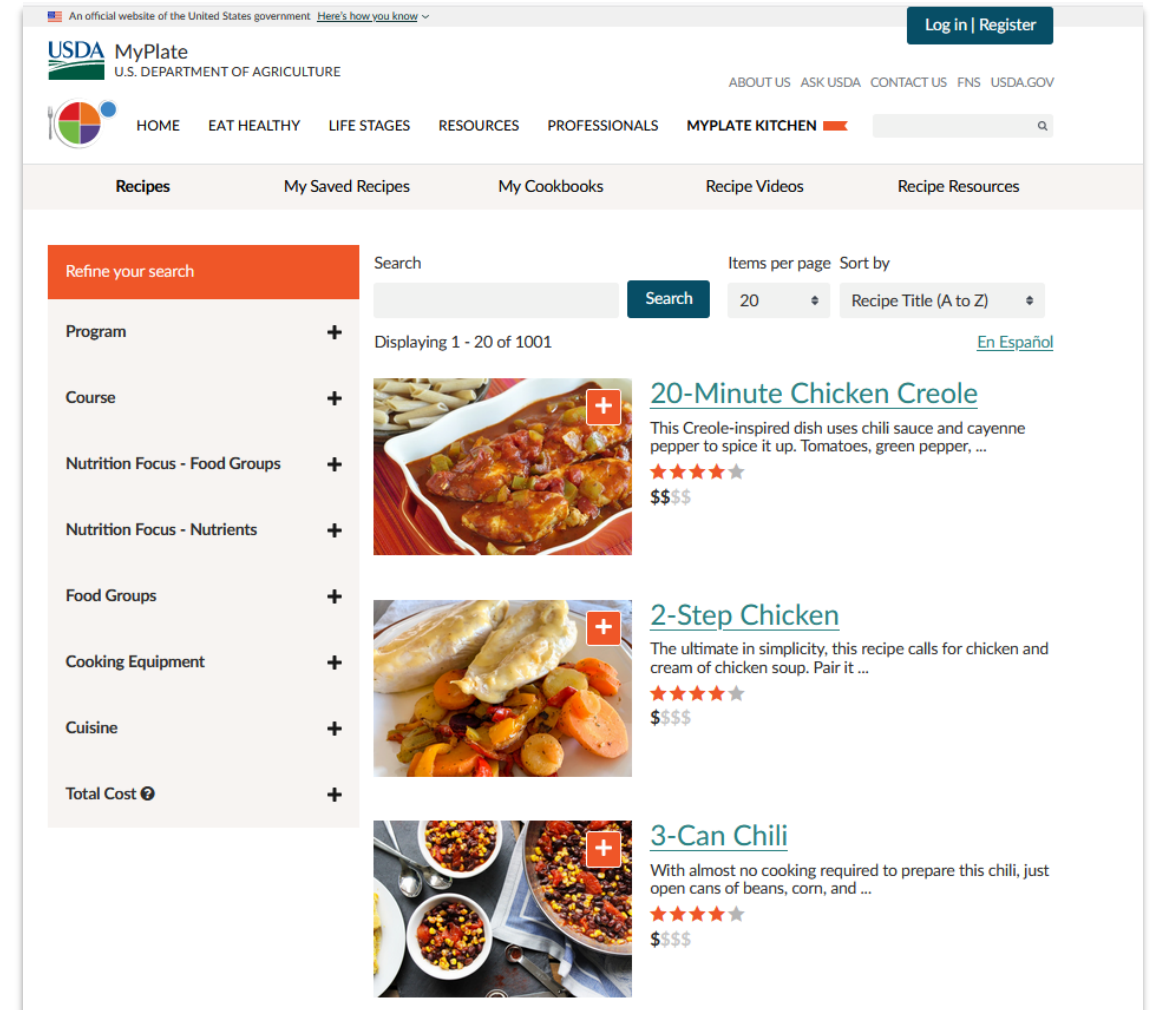


- Approximately 1,000 “MyPlate-inspired” recipes and resources to support building healthy and budget-friendly meals
- MyPlate Kitchen includes recipes from the USDA Food and Nutrition Service (FNS) programs from the Center for Nutrition Policy and Promotion (CNPP) and the Supplemental Nutrition Assistance Program (SNAP)
- Recipes are budget-friendly and include commonly available ingredients
- Homepage features: Recipe of the Month along with Trending, Seasonal, and recipes that take 30 minutes or less to make



# MyPlate Kitchen Features

- Comprehensive search filters such as program area, cooking equipment, cuisine as well as nutrition-related messages to help users find recipes according to personal interest
- Browse recipes by Total Cost ranges (\$, \$\$, \$\$\$, \$\$\$\$)
- Save your favorite recipes with an e-Auth account or add them to a personal online cookbook
- Recipes available in Spanish





# MyPlate Kitchen Recipes

[Back to Search](#)[En Español](#)


## Grilled Cheese with Peaches

★★★★★ 182 Ratings







Makes:  
4 Servings



Total Cost:  
\$\$\$\$



Cook Time:  
10 minutes



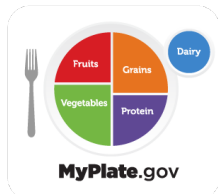
Preparation Time:  
3 minutes

This grilled cheese packs an unexpected twist with the sweetness of canned peaches! Not only is this sandwich a quick and easy lunch, but also a fun way to add more fruit and veggies to your day.

### Ingredients

- 8 slices whole grain bread
- 1 15-oz can of peaches, drained
- 8 slices low-fat cheddar cheese
- 7 1/2 cups spinach
- 4 teaspoons vegetable oil

- Recipe layout includes:
  - Yield, Total Cost Range, Cook, and Prep Time (if available), Ingredients, and Directions
- View star ratings and add your own
- Share recipes on social media
- Browse suggestions for similar recipes
- Detailed nutrition analysis and MyPlate food group amounts



# My Saved Recipes & My Cookbooks

- Create an e-Auth account
- Click the '+' on the Recipe photo and select 'My Saved Recipes' or Click the '+' on the Recipe photo and select 'My Saved Recipes' or which Cookbook you would like to add the recipe to.



An official website of the United States government [Here's how you know](#) ▾

**USDA MyPlate**  
U.S. DEPARTMENT OF AGRICULTURE

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HOME EAT HEALTHY LIFE STAGES RESOURCES PROFESSIONALS **MYPLATE KITCHEN** 🔍

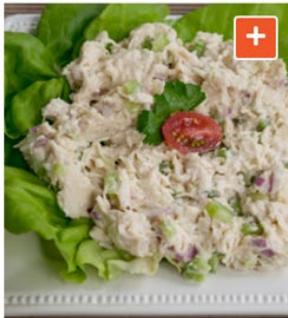
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## My Saved Recipes

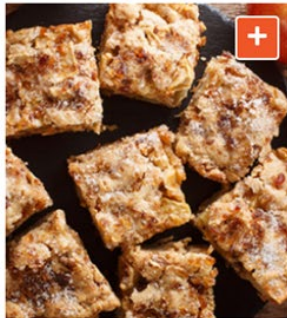
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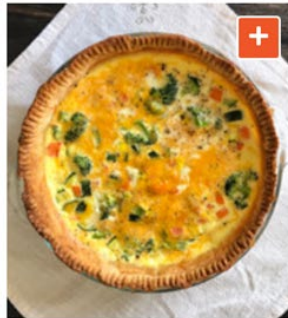
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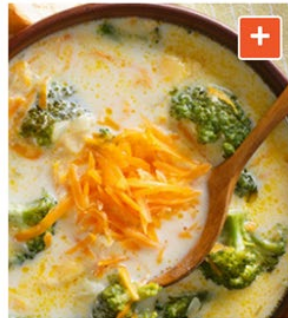
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[Apple Cinnamon Bars](#)  
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# MyPlate on Alexa

## “Alexa, open MyPlate”

- Nutrition information for parents and caregivers on how and what foods to feed babies and toddlers based on their age
- Information available for ages 4-24 months
- Based on the *Dietary Guidelines for Americans*

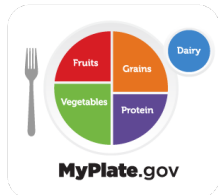
**NEW**

Introducing USDA's  
**1st Alexa Skill**

"Alexa, enable the MyPlate skill"

Healthy eating tips for parents & caregivers of babies & toddlers.  
Available as a **free** resource through the Amazon Alexa app and devices.

 MyPlate.gov



# MyPlate on Alexa: Sample Tips

## Sample tip: 4-6 months



“Curious if your baby is ready to start trying food? Look for signs. If they can control their head and neck, sit up in a chair, grasp small objects, and are swallowing food rather than pushing it out, you might be ready to offer your baby food.”

## Sample tip: 6-11 months



“Foods that are smaller and softer will be easier for your baby to swallow. Dice up some zucchini and steam until the pieces are soft for a great vegetable option.”

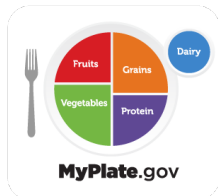
## Sample tip: 12-24 months



“Feed your toddler the foods and flavors your family eats. A healthy diet can come in many different forms, flavors and textures. Have your child enjoy them with you.”

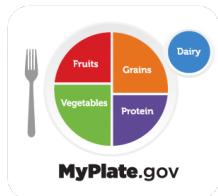
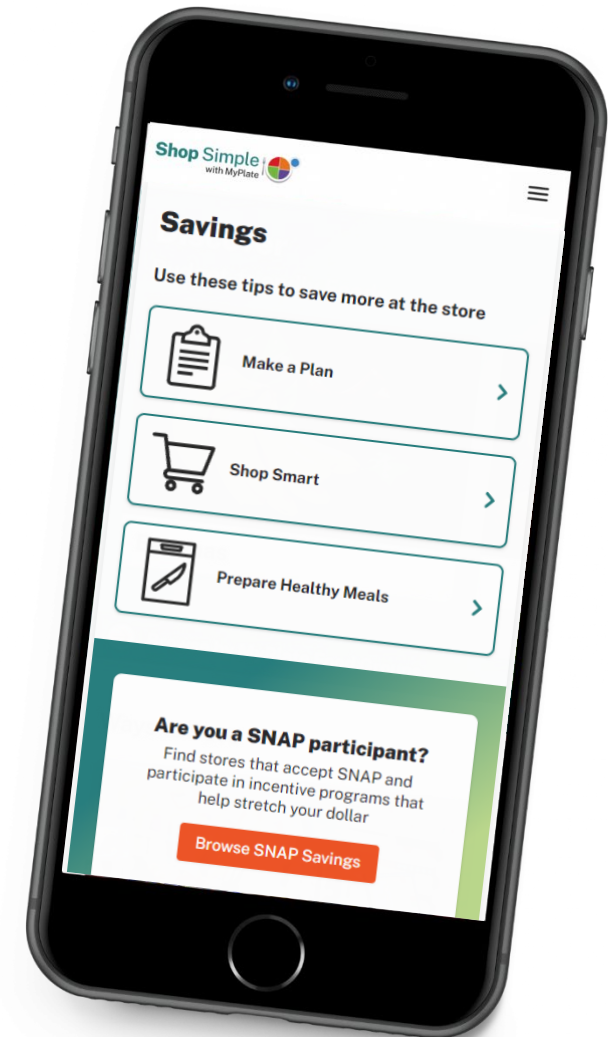
# Shop Simple with MyPlate

- **Overview:** *Shop Simple with MyPlate* is a web app to help Americans save money while shopping for healthy food choices
- **How to access:** Available directly at [MyPlate.gov/ShopSimple](https://MyPlate.gov/ShopSimple); nothing to download from the App Store or Google Play. No login required.
- **Works on all devices:** Optimized for use on a smartphone (*feels* like an app), but it can be used on a desktop, laptop, or tablet in an iframe.



# Shop Simple with MyPlate: Savings

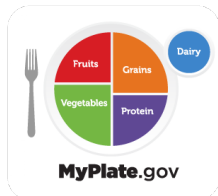
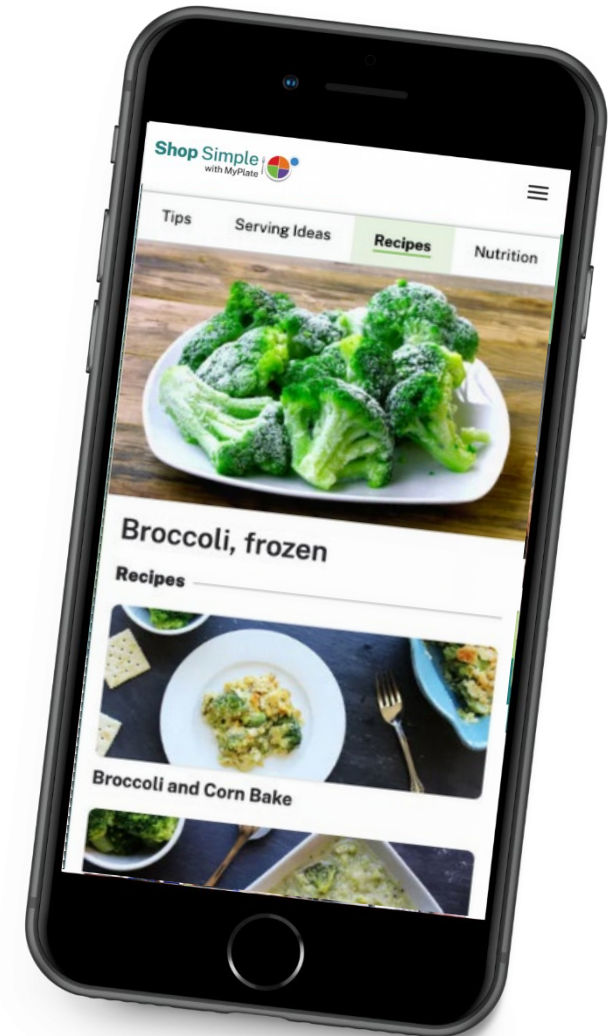
- **SNAP Savings:** Enter your zip code to find cost-saving opportunities in your local area, including:
  - SNAP Rewards
  - SNAP Retailer Stores
  - Online SNAP Stores
  - Farmer's Markets
- **Healthy Eating on a Budget:** Discover general tips for saving money when purchasing and preparing healthy foods





# Shop Simple with MyPlate: Foods

- **Budget-Friendly Foods:** View suggestions from each of the MyPlate food groups. Each individual food features:
  - Tips: Guidance on selecting, purchasing, storing, and seasonality
  - Serving ideas: Quick and easy ways to use the food
  - Recipes: Low-cost meal and snack recipes from *MyPlate Kitchen*
  - Nutrition information



# Thank you!

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Click here for information on food planning during the coronavirus pandemic.

### Are you making every bite count?

Take the MyPlate Quiz to find out!

New! Levels have been added to the MyPlate Quiz. Take the quiz today to find out your level and get personalized resources to Start Simple with MyPlate.

Start Quiz Register to practice

or scroll to learn more

The Dietary Guidelines for Americans, 2020-2025 are now available! [Learn more.](#)

### Explore the MyPlate Food Groups

**Fruits**  
Focus on whole fruits  
[Learn more](#)

**Vegetables**  
Vary your veggies  
[Learn more](#)

**Grains**  
Make half your grains whole grains  
[Learn more](#)

**Protein Foods**  
Vary your protein routine  
[Learn more](#)

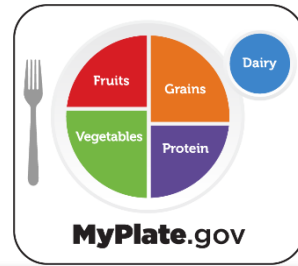
**Dairy**  
Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions)  
[Learn more](#)

### Shop Simple with MyPlate

Use our tool to save money while shopping for healthy food choices.

Find cost-saving opportunities savings in your local area and discover new ways to prepare budget-friendly foods.

[Learn More](#)



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### WELCOME TO MyPlate KITCHEN

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**October Recipe**  
Bake these cookies the night before and enjoy a delicious treat on busy mornings.

**Trending Recipes**  
30 Minutes or Less

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### You're a MyPlate All Star!

Apprentice Pro All Star Hall of Famer

Hey MyPlate User! Check out your MyPlate quiz results and personalized resources.

Do more with your results:

Save your Results Download Results (PDF)

### Your Results

**Fruits** You're doing great! ✓

How often do you eat from the Fruit Group?

Never/Rarely Occasionally Often/Always Your Answer

**Vegetables** Review Answers

**Grains** You're doing great! ✓

**Protein Foods** Review Answers

**Dairy** You're doing great! ✓

Shop Simple with MyPlate

### Discover Budget-friendly Foods

Bananas

Browse by MyPlate Food Groups

### Ways to Save

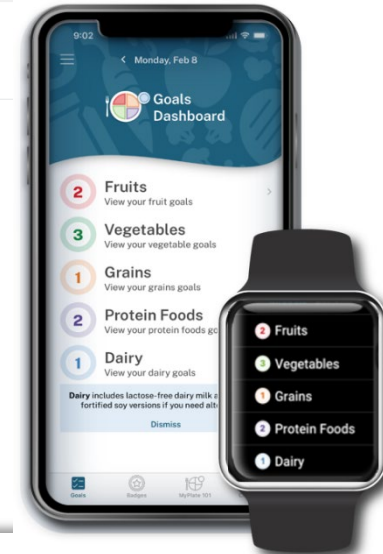
USDA Food and Nutrition Service United States Department of Agriculture

### 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 2,000 Calories a Day for Ages 14+ Years				
<p><b>2 cups</b></p>	<p><b>2½ cups</b></p>	<p><b>6 ounces</b></p>	<p><b>5½ ounces</b></p>	<p><b>3 cups</b></p>
<b>Focus on whole fruits</b> Focus on whole fruits that are fresh, frozen, canned, or dried.	<b>Vary your veggies</b> Choose a variety of colorful fresh, frozen, and canned vegetables—make sure to include dark green, red, and orange choices.	<b>Make half your grains whole grains</b> Find whole-grain foods by reading the Nutrition Facts label and ingredients list.	<b>Vary your protein routine</b> Mix up your protein foods to include seafood, beans, peas, and lentils; unsalted nuts and seeds; soy products; eggs; and lean meats and poultry.	<b>Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions)</b> Look for ways to include dairy or fortified soy alternatives at meals and snacks throughout the day.
<p><b>Limit</b> Choose foods and beverages with less added sugars, saturated fat, and sodium. Limit: • Added sugars to &lt;50 grams a day. • Saturated fat to &lt;22 grams a day. • Sodium to &lt;2,300 milligrams a day.</p>	<p><b>Activity</b> 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.</p>			



USDA Start Simple with MyPlate

Start simple and take healthy eating one step at a time.

**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 cereal.

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

**Vary your protein routine**  
Now, too! 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 milk or yogurt**  
Enjoy a low-fat yogurt parfait for breakfast. Top with fruit and nuts to get in two more food groups.

**Drink and eat less sodium, saturated fat, and added sugars**  
Cook at home and read the ingredients to compare foods.

USDA Food and Nutrition Service

