Follow the MyPlate Tips to Eat Smart and Be Healthy

MyPlate Daily Checklist

Your calorie needs depend on many factors, including height, weight, sex, and physical activity levels. The amounts of recommended servings in each food group varies for each calorie level. The amount of calories and servings from each food group you need for optimal health may vary. For the general public, a 2,000-calorie diet is the standard used for reference by the Nutrition Facts Label and for educational purposes.

You may create a personalized MyPlate Daily Checklist for you by visiting Choose MyPlate at: https://www.choosemyplate.gov/MyPlate-Daily-Checklist-input

If you would like to track your foods and beverages and see how they compare to what is recommended for you, create a personal daily food plan using SuperTracker's MyPlan at https://www.supertracker.usda.gov/createprofile.aspx.

Fruits	Vegetables	Grains	Protein	Dairy
2 cups	2 ½ cups	6 ounces	5 ½ ounces	3 cups
Focus on whole fruits	**Vary your veggies**	**Make half your grains whole grains**	**Vary your protein routine**	**Move to low-fat or fat-free milk or yogurt**
1 cup of fruits counts as	1 cup of vegetables counts as	1 ounce of grain counts as	1 ounce of protein counts as	1 cup of dairy counts as
• 1 cup raw or cooked fruit; or	• 1 cup raw or cooked vegetables; or	• 1 slice of bread; or	• 1 ounce lean meat, poultry, or seafood; or	• 1 cup milk; or
• ½ cup dried fruit; or	• 2 cups leafy salad greens; or	• 1 ounce ready-to-eat cereal; or	• 1 egg; or	• 1 cup yogurt; or
• 1 cup 100% fruit juice.	• 1 cup 100% vegetable juice.	• ½ cup cooked rice, pasta, or cereal.	• 1 tablespoon peanut butter; or	• 1 cup fortified soy beverage; or
			• ¼ cup cooked beans or peas; or	• 1 ½ ounces natural cheese or 2 ounces processed cheese.
			• ½ ounce nuts or seeds.	

List foods you like to eat that fit into each of the food groups.

And get 60 minutes of physical activity every day!

Steps to Label Reading

1. Start here.

Check the serving size. Determine how many servings you are eating.

2. Check calories.

Calories are the amount of energy in food. If you eat two servings, remember to double the calories listed on the label!

3. Limit these nutrients.

Eating too much saturated fat, *trans* fat, sodium, and added sugars may increase your risk of chronic diseases.

4. Quick guide to % Daily Value.

5% or less is low. 20% or more is high.

5. Get enough of these nutrients.

Eating more fiber, vitamins, like A and C, and minerals, like calcium and iron, may help to improve your health.

6. Footnotes.

This area shows recommendations for a 2,000 and a 2,500 calorie diet. The Nutrition Facts label calculates the Daily Values of each food based on a 2,000 calorie diet.

Nutrition Facts

Serving Size 2 tortillas (51g)
Servings Per Container 6

Amount Per Serving

Calories 110   Calories from Fat 10

                                       % Daily Value*

Total Fat 1g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 30mg	**1%**
Total Carbohydrate 22g	**7%**
Dietary Fiber 2g	**9%**
Sugars 0g	
Protein 2g	

Vitamin A 0%   •   Vitamin C 0%

Calcium 2%   •   Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		Calories:	2,000	2,500
Total Fat	Less than		65 g	80 g
Sat Fat	Less than		20 g	25 g
Cholesterol	Less than		300 mg	300 mg
Sodium	Less than		2,400 mg	2,400 mg
Total Carbohydrate			300 g	375 g
Dietary Fiber			25 g	30 g

Calories per gram:
       Fat 9 • Carbohydrates 4 • Protein 4

Right Size Your Portions!

A serving size is what is recommended on a Nutrition Facts label, but what you actually eat is called your "portion." Portions served at restaurants have gotten larger over the years. Here's an easy guide to using your hand to estimate a smart size portion.
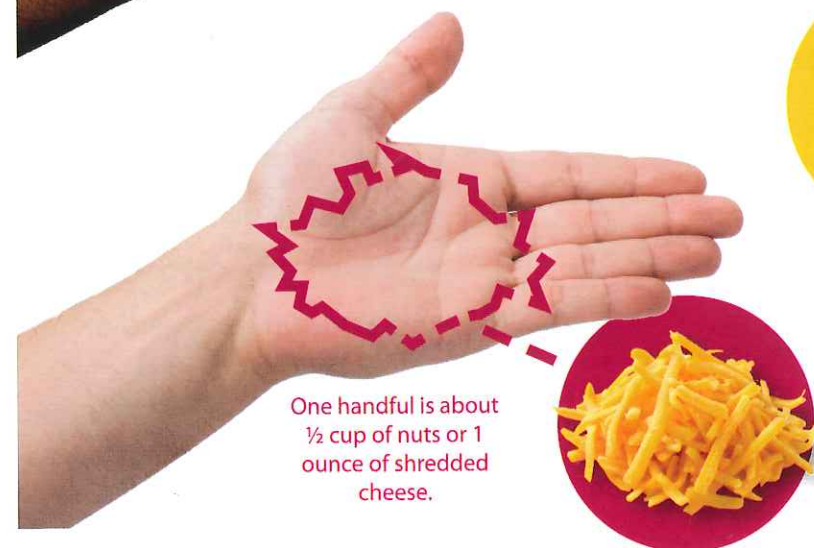
Your fist is about the size of 1 cup, like a piece of fruit, or 1 ounce of cereal.

Two handfuls is about 1 cup. For fresh leafy greens, 2 cups are equivalent to 1 cup of vegetables.
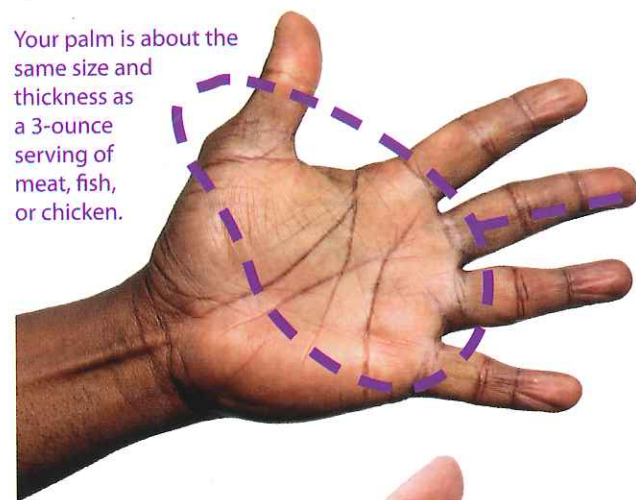
Your palm is about the same size and thickness as a 3-ounce serving of meat, fish, or chicken.

Your thumb is about the same size as 1 ounce of cheese or 1 tablespoon of peanut butter.

One handful is about ½ cup of nuts or 1 ounce of shredded cheese.

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