






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 1,200 Calories a Day

|  |  |  |  |  |
|--|--|---|---|---|
| 1 cup | 1 1/2 cups | 4 ounces | 3 ounces | 2 1/2 cups |
| <p>Focus on whole fruits</p> <p>Focus on whole fruits that are fresh, frozen, canned, or dried.</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>Make half your grains whole grains</p> <p>Find whole-grain foods by reading the Nutrition Facts label and ingredients list.</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>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> |



Drink and eat less sodium, saturated fat, and added sugars. **Limit:**

- Sodium to **1,500 milligrams** a day.
- Saturated fat to **13 grams** a day.
- Added sugars to **30 grams** a day.








Be active your way: Children 2 to 5 years old should play actively every day.

Use SuperTracker to create a personal plan based on your age, sex, height, weight, and physical activity level.

SuperTracker.usda.gov

MyPlate Daily Checklist

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

| Food group targets for a 1,200 calorie* pattern are: | Write your food choices for each food group | Did you reach your target? | |
|--|---|--|--|
|  <p>Fruits 1 cup 1 cup of fruits counts as</p> <ul style="list-style-type: none"> • 1 cup raw or cooked fruit; or • 1/2 cup dried fruit; or • 1 cup 100% fruit juice. | <hr/> <hr/> <hr/> <hr/> | <input type="checkbox"/> Y <input type="checkbox"/> N |  <p>Limit:</p> <ul style="list-style-type: none"> • Sodium to 1,500 milligrams a day. • Saturated fat to 13 grams a day. • Added sugars to 30 grams a day. |
|  <p>Vegetables 1 1/2 cups 1 cup vegetables counts as</p> <ul style="list-style-type: none"> • 1 cup raw or cooked vegetables; or • 2 cups leafy salad greens; or • 1 cup 100% vegetable juice. | <hr/> <hr/> <hr/> <hr/> | <input type="checkbox"/> Y <input type="checkbox"/> N | <input type="checkbox"/> Y <input type="checkbox"/> N |
|  <p>Grains 4 ounce equivalents 1 ounce of grains counts as</p> <ul style="list-style-type: none"> • 1 slice bread; or • 1 ounce ready-to-eat cereal; or • 1/2 cup cooked rice, pasta, or cereal. | <hr/> <hr/> <hr/> <hr/> | <input type="checkbox"/> Y <input type="checkbox"/> N |  <p>Be active your way:</p> <ul style="list-style-type: none"> • Children 2 to 5 years old should play actively every day. |
|  <p>Protein 3 ounce equivalents 1 ounce of protein counts as</p> <ul style="list-style-type: none"> • 1 ounce lean meat, poultry, or seafood; or • 1 egg; or • 1 Tbsp peanut butter; or • 1/4 cup cooked beans or peas; or • 1/2 ounce nuts or seeds. | <hr/> <hr/> <hr/> <hr/> | <input type="checkbox"/> Y <input type="checkbox"/> N | <input type="checkbox"/> Y <input type="checkbox"/> N |
|  <p>Dairy 2 1/2 cups 1 cup of dairy counts as</p> <ul style="list-style-type: none"> • 1 cup milk; or • 1 cup yogurt; or • 1 cup fortified soy beverage; or • 1 1/2 ounces natural cheese or 2 ounces processed cheese. | <hr/> <hr/> <hr/> <hr/> | <input type="checkbox"/> Y <input type="checkbox"/> N | <p>* This 1,200 calorie pattern is only an estimate of your needs. Monitor your body weight and adjust your calories if needed.</p> |



Track your MyPlate, MyWins
