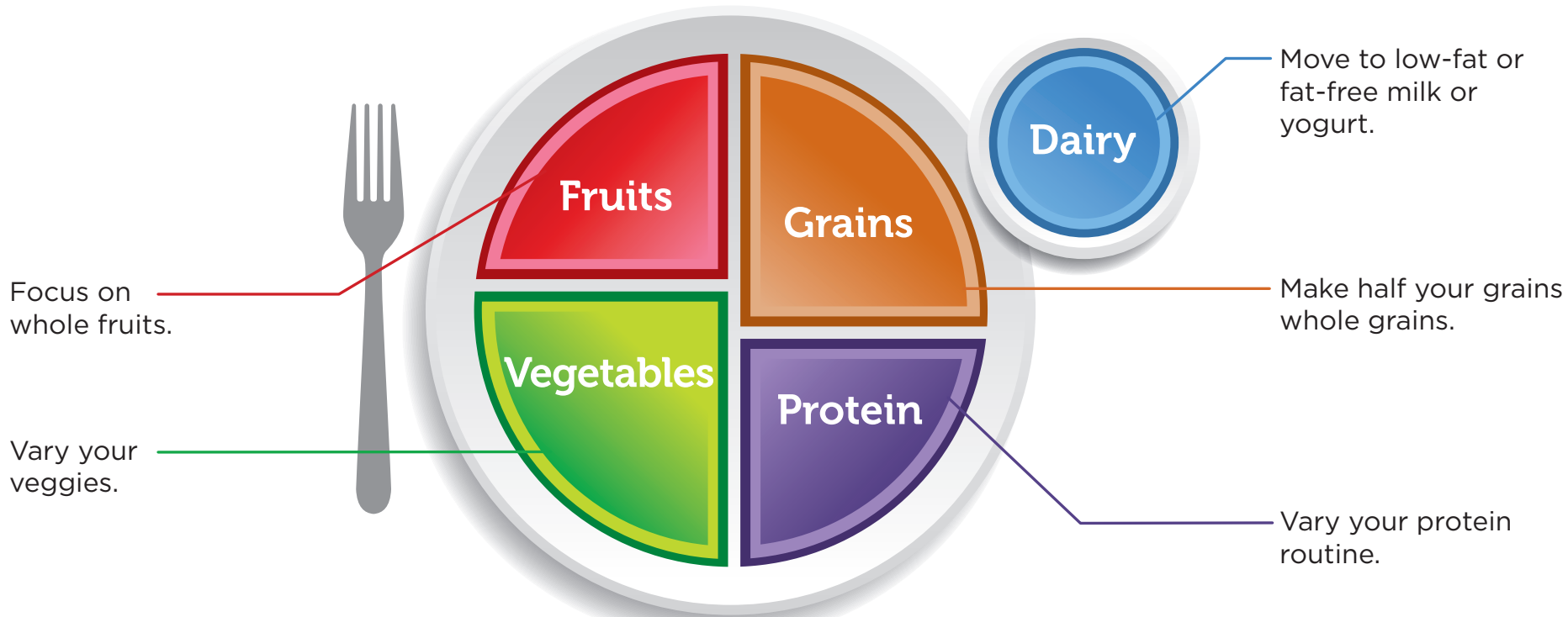


# MyPlate, MyWins: Make it yours

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



Choose **MyPlate.gov**



**Limit**

**Limit the extras.**

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



**MyWins**

**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

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.



### Vegetables

Eat a variety of vegetables and add them to mixed dishes like casseroles, sandwiches, and wraps.

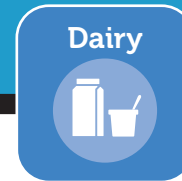
Fresh, frozen, and canned count, too. Look for “reduced sodium” or “no-salt-added” on the label.



### Grains

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.”



### Dairy

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.



### Protein

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](http://SuperTracker.usda.gov) for a personalized plan.

### 2 cups

1 cup counts as:

- 1 large banana
- 1 cup mandarin oranges
- ½ cup raisins
- 1 cup 100% grapefruit juice

### 2½ cups

1 cup counts as:

- 2 cups raw spinach
- 1 large bell pepper
- 1 cup baby carrots
- 1 cup green peas
- 1 cup mushrooms

### 6 ounces

1 ounce counts as:

- 1 slice of bread
- ½ cup cooked oatmeal
- 1 small tortilla
- ½ cup cooked brown rice
- ½ cup cooked grits

### 3 cups

1 cup counts as:

- 1 cup milk
- 1 cup yogurt
- 2 ounces processed cheese

### 5½ ounces

1 ounce counts as:

- 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

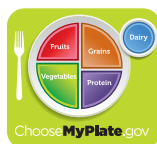


### Don't forget physical activity!

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  
Choose [MyPlate.gov](http://MyPlate.gov)/MyWins

Center for Nutrition Policy and Promotion  
May 2016  
CNPP-29

USDA is an equal opportunity provider, employer, and lender.