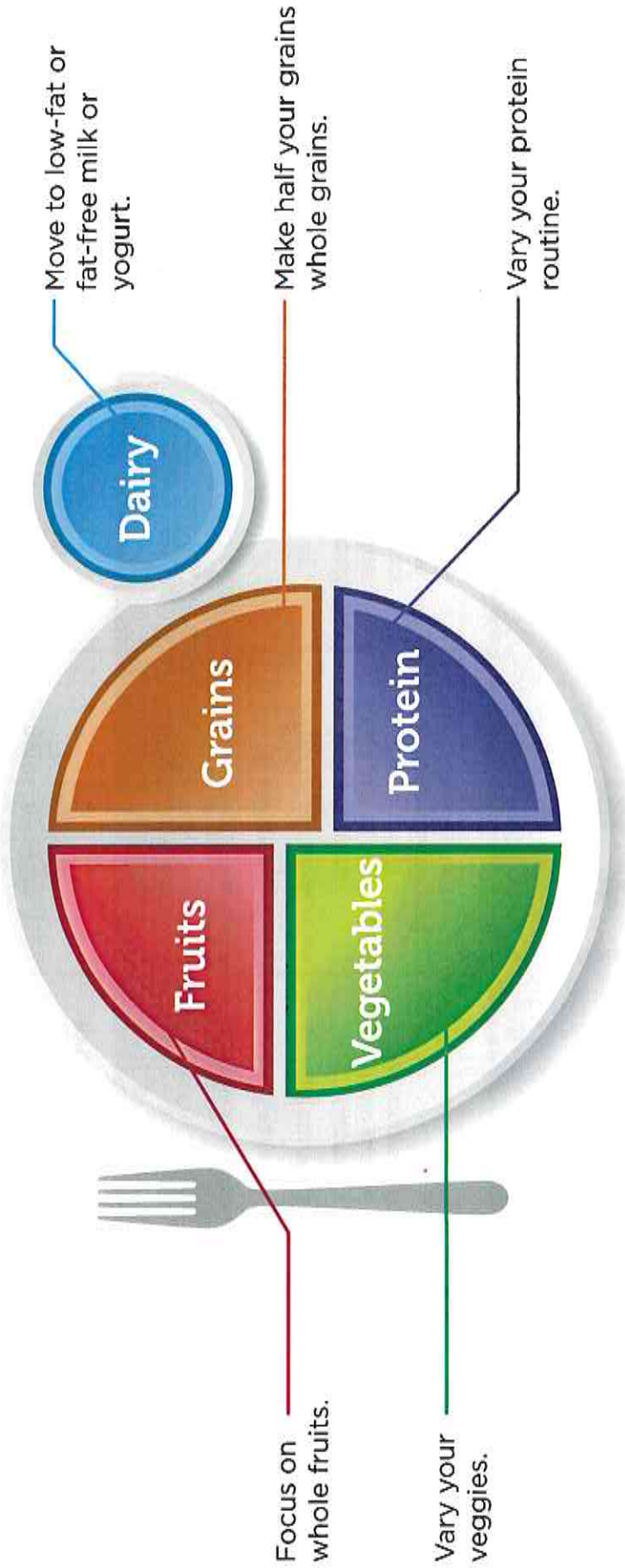




United States Department of Agriculture

# 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 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.



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

<p><b>2 cups</b></p> <p>1 cup counts as:</p> <ul style="list-style-type: none"> <li>1 large banana</li> <li>1 cup mandarin oranges</li> <li>½ cup raisins</li> <li>1 cup 100% grapefruit juice</li> </ul>	<p><b>2½ cups</b></p> <p>1 cup counts as:</p> <ul style="list-style-type: none"> <li>2 cups raw spinach</li> <li>1 large bell pepper</li> <li>1 cup baby carrots</li> <li>1 cup green peas</li> <li>1 cup mushrooms</li> </ul>	<p><b>6 ounces</b></p> <p>1 ounce counts as:</p> <ul style="list-style-type: none"> <li>1 slice of bread</li> <li>½ cup cooked oatmeal</li> <li>1 small tortilla</li> <li>½ cup cooked brown rice</li> <li>½ cup cooked grits</li> </ul>	<p><b>3 cups</b></p> <p>1 cup counts as:</p> <ul style="list-style-type: none"> <li>1 cup milk</li> <li>1 cup yogurt</li> <li>2 ounces processed cheese</li> </ul>	<p><b>5½ ounces</b></p> <p>1 ounce counts as:</p> <ul style="list-style-type: none"> <li>1 ounce tuna fish</li> <li>½ cup cooked beans</li> <li>1 Tbsp peanut butter</li> <li>1 egg</li> </ul>
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**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.



**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/MyWins](http://MyPlate.gov/MyWins)

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