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.

- Move to low-fat or fat-free milk or yogurt.
- Make half your grains whole grains.
- Vary your protein routine.
- Focus on whole fruits.
- Vary your veggies.

ChooseMyPlate.gov

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.

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**Daily Food Group Targets — Based on a 2,000 Calorie Plan**

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

<table>
<thead>
<tr>
<th>2 cups</th>
<th>2½ cups</th>
<th>6 ounces</th>
<th>3 cups</th>
<th>5½ ounces</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup counts as:</td>
<td>1 cup counts as:</td>
<td>1 ounce counts as:</td>
<td>1 cup counts as:</td>
<td>1 ounce counts as:</td>
</tr>
<tr>
<td>1 large banana</td>
<td>1 large bell pepper</td>
<td>1 slice of bread</td>
<td>1 cup milk</td>
<td>1 ounce tuna fish</td>
</tr>
<tr>
<td>1 cup mandarin oranges</td>
<td>1 cup baby carrots</td>
<td>½ cup cooked oatmeal</td>
<td>1 cup yogurt</td>
<td>¼ cup cooked beans</td>
</tr>
<tr>
<td>½ cup raisins</td>
<td>1 cup green peas</td>
<td>1 small tortilla</td>
<td>2 ounces processed cheese</td>
<td>1 Tbsp peanut butter</td>
</tr>
<tr>
<td>1 cup 100% grapefruit juice</td>
<td>1 cup mushrooms</td>
<td>½ cup cooked brown rice</td>
<td>1 egg</td>
<td></td>
</tr>
</tbody>
</table>

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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.

**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*

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[MyPlate, MyWins](https://www.choosemyplate.gov/MyWins)  
Healthy Eating Solutions for Everyday Life  
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