








# MyPlate Plan Menu

Record the food groups you eat and drink during the day for breakfast, lunch, dinner, and snacks.

|       | <b>Fruits</b><br> | <b>Vegetables</b><br> | <b>Grains</b><br> | <b>Protein</b><br> | <b>Dairy</b><br> |
|-------|----------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|
| Day 1 |                                                                                                    |                                                                                                        |                                                                                                    |                                                                                                       |                                                                                                     |
| Day 2 |                                                                                                    |                                                                                                        |                                                                                                    |                                                                                                       |                                                                                                     |
| Day 3 |                                                                                                    |                                                                                                        |                                                                                                    |                                                                                                       |                                                                                                     |
| Day 4 |                                                                                                    |                                                                                                        |                                                                                                    |                                                                                                       |                                                                                                     |
| Day 5 |                                                                                                    |                                                                                                        |                                                                                                    |                                                                                                       |                                                                                                     |
| Day 6 |                                                                                                    |                                                                                                        |                                                                                                    |                                                                                                       |                                                                                                     |
| Day 7 |                                                                                                    |                                                                                                        |                                                                                                    |                                                                                                       |                                                                                                     |

# MyPlate Food Groups

| Food Group                                                                                                                                                                                                                                                                                  | What Counts As...                                                                                                                                                                                                                                                                                                                                           |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p><b>Fruits</b></p> <ul style="list-style-type: none"> <li>- Whole Fruit</li> <li>- Fruit Juice</li> </ul>                                                                                               | <p><b>1 cup of Fruit</b></p> <ul style="list-style-type: none"> <li>• 1 cup fresh, frozen, or canned fruit</li> <li>• 1 cup 100% fruit juice</li> <li>• 1/2 cup dried fruit</li> </ul>                                                                                                                                                                      |
|  <p><b>Vegetables</b></p> <ul style="list-style-type: none"> <li>- Dark Green</li> <li>- Red and Orange</li> <li>- Beans, Peas, and Lentils</li> <li>- Starchy</li> <li>- Other</li> </ul>                 | <p><b>1 cup of Vegetables</b></p> <ul style="list-style-type: none"> <li>• 1 cup fresh, frozen, or canned vegetables</li> <li>• 1 cup 100% vegetable juice</li> <li>• 2 cups leafy greens</li> </ul>                                                                                                                                                        |
|  <p><b>Grains</b></p> <ul style="list-style-type: none"> <li>- Whole Grains</li> <li>- Refined Grains</li> </ul>                                                                                           | <p><b>1 ounce of Grains</b></p> <ul style="list-style-type: none"> <li>• 1 slice of bread (1 ounce)</li> <li>• 1/2 cup cooked pasta, rice, or cereal</li> <li>• 1 ounce uncooked pasta or rice</li> <li>• 1 tortilla (6-inch diameter)</li> <li>• 1 pancake (5-inch diameter)</li> <li>• 1 ounce ready-to-eat cereal (about 1 cup cereal flakes)</li> </ul> |
|  <p><b>Protein Foods</b></p> <ul style="list-style-type: none"> <li>- Seafood</li> <li>- Meat, Poultry, and Eggs</li> <li>- Nuts, Seeds, and Soy Products</li> <li>- Beans, Peas, and Lentils</li> </ul> | <p><b>1 ounce of Protein Foods</b></p> <ul style="list-style-type: none"> <li>• 1 ounce lean meat, poultry, or seafood</li> <li>• 1 egg</li> <li>• 1 Tablespoon peanut butter</li> <li>• 1/2 ounce nuts or seeds</li> <li>• 1/4 cup cooked beans, peas, or lentils</li> </ul>                                                                               |
|  <p><b>Dairy</b></p> <ul style="list-style-type: none"> <li>- Milk and Yogurt</li> <li>- Cheese</li> </ul>                                                                                               | <p><b>1 cup of Dairy</b></p> <ul style="list-style-type: none"> <li>• 1 cup milk</li> <li>• 1 cup fortified soymilk (soy beverage)</li> <li>• 1 cup yogurt</li> <li>• 1 1/2 ounces hard cheese (e.g., cheddar)</li> </ul>                                                                                                                                   |

**Want your personal calorie and food group plan?**

Check out the MyPlate Plan at [www.MyPlate.gov/MyPlate-Plan](http://www.MyPlate.gov/MyPlate-Plan).

For tips, visit [www.MyPlate.gov/StartSimple](http://www.MyPlate.gov/StartSimple).