

Use ChooseMyPlate.gov






Find out about this at:
www.choosemyplate.gov.



At this Web site, you can:

- Get a Daily Food Plan based on your age, gender, height, weight, and physical activity level. Your plan shows how many calories you need each day and the number of servings from basic food groups, subgroups, and oils to meet your calorie needs. Serving sizes are given in cups; $\frac{1}{2}$ cups, etc. (See an example for a 2,000 calorie plan in the chart below.)
- Use SuperTracker to help you plan and track your food intake and physical activities.
- Use Food-A-Pedia to look up nutrition information for over 8,000 foods. You can also compare foods side-by-side to help you make healthy choices.
- Get nutrition tips.
- Find out about healthy eating on a budget.

Here is a sample of guidelines for a 19 year old female who exercises less than 30 minutes a day.

Grains	Vegetables	Fruits	Dairy	Protein Foods
6 ounces / day	2½ cups / day	2 cups / day	3 cups / day	5½ ounces / day
<ul style="list-style-type: none">• Make half your grains whole• Aim for at least 3 ounces of whole grains a day 	<ul style="list-style-type: none">• Vary your veggies• Aim for these amounts each week:<ul style="list-style-type: none">– Dark green veggies = 2 cups– Orange veggies = 1½ cups– Dry beans & peas = 2½ cups– Starchy veggies = 2½ cups– Other veggies = 5½ cups 	<ul style="list-style-type: none">• Focus on fruits• Eat a variety of fruits• Go easy on fruit juices 	<ul style="list-style-type: none">• Get your calcium-rich foods• Go low-fat or fat-free when you choose milk, yogurt, or cheese 	<ul style="list-style-type: none">• Go lean with protein• Choose low-fat or lean meats and poultry• Vary your protein routine – choose more fish, beans, peas, nuts, and seeds 

Find your balance between food and physical activity. Be physically active for at least 30 minutes most days of the week.

Know your limits on fats, sugars, and sodium. Your allowance for oils is 6 teaspoons a day. Limit extras – solid fats and sugars – to 260 calories a day.

Reduce sodium intake to 2,300 mg a day.

Your results are based on a 2,000 calorie plan. This calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your calorie intake.