



WHAT'S ON YOUR PLATE?

The U.S. Department of Agriculture's MyPlate is a great tool to make healthy eating simple. The food pyramid is long gone as being used to represent our five food groups. MyPlate offers information on healthy eating at every stage of life, so that you can "Make Every Bite Count".

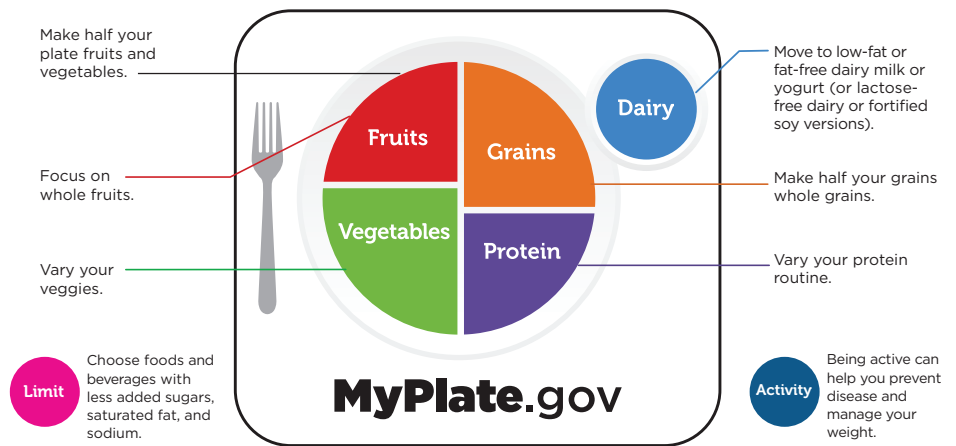
Use MyPlate as general guidance for how much you need from each food group based on your age, sex, height, weight, and physical activity level.

Visit myplate.gov for more information!

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Start simple with MyPlate

Healthy eating is important at every life stage, with benefits that add up over time, bite by bite. Small changes matter.



DGA Dietary Guidelines for Americans

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