



United States Department of Agriculture








MyPlate Daily Checklist

Find your Healthy Eating Style

Everything you eat and drink matters. Find your healthy eating style that reflects your preferences, culture, traditions, and budget—and maintain it for a lifetime! The right mix can help you be healthier now and into the future. The key is choosing a variety of foods and beverages from each food group—and *making sure that each choice is limited in saturated fat, sodium, and added sugars*. Start with small changes—“MyWins”—to make healthier choices you can enjoy.

Food Group Amounts for 1,000 Calories a Day

 <p>1 cup</p> <p>Focus on whole fruits</p> <p>Focus on whole fruits that are fresh, frozen, canned, or dried.</p>	 <p>1 cup</p> <p>Vary your veggies</p> <p>Choose a variety of colorful fresh, frozen, and canned vegetables—make sure to include dark green, red, and orange choices.</p>	 <p>3 ounces</p> <p>Make half your grains whole grains</p> <p>Find whole-grain foods by reading the Nutrition Facts label and ingredients list.</p>	 <p>2 ounces</p> <p>Vary your protein routine</p> <p>Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry.</p>	 <p>2 cups</p> <p>Move to low-fat or fat-free milk or yogurt</p> <p>Choose fat-free milk, yogurt, and soy beverages (soy milk) to cut back on your saturated fat.</p>
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Drink and eat less sodium, saturated fat, and added sugars. Limit:

- Sodium to **1,500 milligrams** a day.
- Saturated fat to **11 grams** a day.
- Added sugars to **25 grams** a day.








Be active your way: Children 2 to 5 years old should play actively every day.

Use SuperTracker to create a personal plan based on your age, sex, height, weight, and physical activity level.

SuperTracker.usda.gov

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 <p>Fruits 1 cup 1 cup of fruits counts as</p> <ul style="list-style-type: none"> • 1 cup raw or cooked fruit; or • 1/2 cup dried fruit; or • 1 cup 100% fruit juice. 	<hr/> <hr/> <hr/> <hr/>	<input type="checkbox"/> Y <input type="checkbox"/> N	 <p>Limit:</p> <ul style="list-style-type: none"> • Sodium to 1,500 milligrams a day. • Saturated fat to 11 grams a day. • Added sugars to 25 grams a day. <input type="checkbox"/> Y <input type="checkbox"/> N
 <p>Vegetables 1 cup 1 cup vegetables counts as</p> <ul style="list-style-type: none"> • 1 cup raw or cooked vegetables; or • 2 cups leafy salad greens; or • 1 cup 100% vegetable juice. 	<hr/> <hr/> <hr/> <hr/>	<input type="checkbox"/> Y <input type="checkbox"/> N	
 <p>Grains 3 ounce equivalents 1 ounce of grains counts as</p> <ul style="list-style-type: none"> • 1 slice bread; or • 1 ounce ready-to-eat cereal; or • 1/2 cup cooked rice, pasta, or cereal. 	<hr/> <hr/> <hr/> <hr/>	<input type="checkbox"/> Y <input type="checkbox"/> N	 <p>Be active your way:</p> <ul style="list-style-type: none"> • Children 2 to 5 years old should play actively every day. <input type="checkbox"/> Y <input type="checkbox"/> N
 <p>Protein 2 ounce equivalents 1 ounce of protein counts as</p> <ul style="list-style-type: none"> • 1 ounce lean meat, poultry, or seafood; or • 1 egg; or • 1 Tbsp peanut butter; or • 1/4 cup cooked beans or peas; or • 1/2 ounce nuts or seeds. 	<hr/> <hr/> <hr/> <hr/>	<input type="checkbox"/> Y <input type="checkbox"/> N	
 <p>Dairy 2 cups 1 cup of dairy counts as</p> <ul style="list-style-type: none"> • 1 cup milk; or • 1 cup yogurt; or • 1 cup fortified soy beverage; or • 1 1/2 ounces natural cheese or 2 ounces processed cheese. 	<hr/> <hr/> <hr/> <hr/>	<input type="checkbox"/> Y <input type="checkbox"/> N	<p>* This 1,000 calorie pattern is only an estimate of your needs. Monitor your body weight and adjust your calories if needed.</p>



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Food Group Amounts for 1,200 Calories a Day

 <p>1 cup</p> <p>Focus on whole fruits</p> <p>Focus on whole fruits that are fresh, frozen, canned, or dried.</p>	 <p>1 1/2 cups</p> <p>Vary your veggies</p> <p>Choose a variety of colorful fresh, frozen, and canned vegetables—make sure to include dark green, red, and orange choices.</p>	 <p>4 ounces</p> <p>Make half your grains whole grains</p> <p>Find whole-grain foods by reading the Nutrition Facts label and ingredients list.</p>	 <p>3 ounces</p> <p>Vary your protein routine</p> <p>Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry.</p>	 <p>2 1/2 cups</p> <p>Move to low-fat or fat-free milk or yogurt</p> <p>Choose fat-free milk, yogurt, and soy beverages (soy milk) to cut back on your saturated fat.</p>
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Drink and eat less sodium, saturated fat, and added sugars. Limit:

- Sodium to **1,500 milligrams** a day.
- Saturated fat to **13 grams** a day.
- Added sugars to **30 grams** a day.








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Food group targets for a 1,200 calorie* pattern are:	Write your food choices for each food group	Did you reach your target?	
 <p>Fruits 1 cup 1 cup of fruits counts as</p> <ul style="list-style-type: none"> • 1 cup raw or cooked fruit; or • 1/2 cup dried fruit; or • 1 cup 100% fruit juice. 	<hr/> <hr/> <hr/> <hr/>	<input type="checkbox"/> Y <input type="checkbox"/> N	 <p>Limit:</p> <ul style="list-style-type: none"> • Sodium to 1,500 milligrams a day. • Saturated fat to 13 grams a day. • Added sugars to 30 grams a day. <input type="checkbox"/> Y <input type="checkbox"/> N
 <p>Vegetables 1 1/2 cups 1 cup vegetables counts as</p> <ul style="list-style-type: none"> • 1 cup raw or cooked vegetables; or • 2 cups leafy salad greens; or • 1 cup 100% vegetable juice. 	<hr/> <hr/> <hr/> <hr/>	<input type="checkbox"/> Y <input type="checkbox"/> N	
 <p>Grains 4 ounce equivalents 1 ounce of grains counts as</p> <ul style="list-style-type: none"> • 1 slice bread; or • 1 ounce ready-to-eat cereal; or • 1/2 cup cooked rice, pasta, or cereal. 	<hr/> <hr/> <hr/> <hr/>	<input type="checkbox"/> Y <input type="checkbox"/> N	 <p>Be active your way:</p> <ul style="list-style-type: none"> • Children 2 to 5 years old should play actively every day. <input type="checkbox"/> Y <input type="checkbox"/> N
 <p>Protein 3 ounce equivalents 1 ounce of protein counts as</p> <ul style="list-style-type: none"> • 1 ounce lean meat, poultry, or seafood; or • 1 egg; or • 1 Tbsp peanut butter; or • 1/4 cup cooked beans or peas; or • 1/2 ounce nuts or seeds. 	<hr/> <hr/> <hr/> <hr/>	<input type="checkbox"/> Y <input type="checkbox"/> N	
 <p>Dairy 2 1/2 cups 1 cup of dairy counts as</p> <ul style="list-style-type: none"> • 1 cup milk; or • 1 cup yogurt; or • 1 cup fortified soy beverage; or • 1 1/2 ounces natural cheese or 2 ounces processed cheese. 	<hr/> <hr/> <hr/> <hr/>	<input type="checkbox"/> Y <input type="checkbox"/> N	<p>* This 1,200 calorie pattern is only an estimate of your needs. Monitor your body weight and adjust your calories if needed.</p>



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Food Group Amounts for 1,400 Calories a Day

 <p>1 1/2 cups</p> <p>Focus on whole fruits</p> <p>Focus on whole fruits that are fresh, frozen, canned, or dried.</p>	 <p>1 1/2 cups</p> <p>Vary your veggies</p> <p>Choose a variety of colorful fresh, frozen, and canned vegetables—make sure to include dark green, red, and orange choices.</p>	 <p>5 ounces</p> <p>Make half your grains whole grains</p> <p>Find whole-grain foods by reading the Nutrition Facts label and ingredients list.</p>	 <p>4 ounces</p> <p>Vary your protein routine</p> <p>Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry.</p>	 <p>2 1/2 cups</p> <p>Move to low-fat or fat-free milk or yogurt</p> <p>Choose fat-free milk, yogurt, and soy beverages (soy milk) to cut back on your saturated fat.</p>
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Drink and eat less sodium, saturated fat, and added sugars. Limit:

- Sodium to **1,500 milligrams** a day.
- Saturated fat to **16 grams** a day.
- Added sugars to **35 grams** a day.








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Food group targets for a 1,400 calorie* pattern are:	Write your food choices for each food group	Did you reach your target?	
 <p>Fruits 1 1/2 cups 1 cup of fruits counts as • 1 cup raw or cooked fruit; or • 1/2 cup dried fruit; or • 1 cup 100% fruit juice.</p>	_____ _____ _____	<input type="checkbox"/> Y <input type="checkbox"/> N	 <p>Limit: • Sodium to 1,500 milligrams a day. • Saturated fat to 16 grams a day. • Added sugars to 35 grams a day.</p> <input type="checkbox"/> Y <input type="checkbox"/> N
 <p>Vegetables 1 1/2 cups 1 cup vegetables counts as • 1 cup raw or cooked vegetables; or • 2 cups leafy salad greens; or • 1 cup 100% vegetable juice.</p>	_____ _____ _____	<input type="checkbox"/> Y <input type="checkbox"/> N	
 <p>Grains 5 ounce equivalents 1 ounce of grains counts as • 1 slice bread; or • 1 ounce ready-to-eat cereal; or • 1/2 cup cooked rice, pasta, or cereal.</p>	_____ _____ _____	<input type="checkbox"/> Y <input type="checkbox"/> N	 <p>Be active your way: • Children 2 to 5 years old should play actively every day.</p> <input type="checkbox"/> Y <input type="checkbox"/> N
 <p>Protein 4 ounce equivalents 1 ounce of protein counts as • 1 ounce lean meat, poultry, or seafood; or • 1 egg; or • 1 Tbsp peanut butter; or • 1/4 cup cooked beans or peas; or • 1/2 ounce nuts or seeds.</p>	_____ _____ _____	<input type="checkbox"/> Y <input type="checkbox"/> N	
 <p>Dairy 2 1/2 cups 1 cup of dairy counts as • 1 cup milk; or • 1 cup yogurt; or • 1 cup fortified soy beverage; or • 1 1/2 ounces natural cheese or 2 ounces processed cheese.</p>	_____ _____ _____	<input type="checkbox"/> Y <input type="checkbox"/> N	<p>* This 1,400 calorie pattern is only an estimate of your needs. Monitor your body weight and adjust your calories if needed.</p>



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Food Group Amounts for 1,600 Calories a Day

				
<p>1 1/2 cups</p> <p>Focus on whole fruits</p> <p>Focus on whole fruits that are fresh, frozen, canned, or dried.</p>	<p>2 cups</p> <p>Vary your veggies</p> <p>Choose a variety of colorful fresh, frozen, and canned vegetables—make sure to include dark green, red, and orange choices.</p>	<p>5 ounces</p> <p>Make half your grains whole grains</p> <p>Find whole-grain foods by reading the Nutrition Facts label and ingredients list.</p>	<p>5 ounces</p> <p>Vary your protein routine</p> <p>Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry.</p>	<p>2 1/2 cups</p> <p>Move to low-fat or fat-free milk or yogurt</p> <p>Choose fat-free milk, yogurt, and soy beverages (soy milk) to cut back on your saturated fat.</p>



Drink and eat less sodium, saturated fat, and added sugars. Limit:

- Sodium to **1,900 milligrams** a day.
- Saturated fat to **18 grams** a day.
- Added sugars to **40 grams** a day.








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 <p>Fruits 1 1/2 cups 1 cup of fruits counts as • 1 cup raw or cooked fruit; or • 1/2 cup dried fruit; or • 1 cup 100% fruit juice.</p>	_____ _____ _____	<input type="checkbox"/> Y <input type="checkbox"/> N	 <p>Limit: • Sodium to 1,900 milligrams a day. • Saturated fat to 18 grams a day. • Added sugars to 40 grams a day.</p> <input type="checkbox"/> Y <input type="checkbox"/> N
 <p>Vegetables 2 cups 1 cup vegetables counts as • 1 cup raw or cooked vegetables; or • 2 cups leafy salad greens; or • 1 cup 100% vegetable juice.</p>	_____ _____ _____	<input type="checkbox"/> Y <input type="checkbox"/> N	
 <p>Grains 5 ounce equivalents 1 ounce of grains counts as • 1 slice bread; or • 1 ounce ready-to-eat cereal; or • 1/2 cup cooked rice, pasta, or cereal.</p>	_____ _____ _____	<input type="checkbox"/> Y <input type="checkbox"/> N	 <p>Be active your way: • Children 2 to 5 years old should play actively every day. • Children 6 to 17 years old should move at least 60 minutes every day.</p> <input type="checkbox"/> Y <input type="checkbox"/> N
 <p>Protein 5 ounce equivalents 1 ounce of protein counts as • 1 ounce lean meat, poultry, or seafood; or • 1 egg; or • 1 Tbsp peanut butter; or • 1/4 cup cooked beans or peas; or • 1/2 ounce nuts or seeds.</p>	_____ _____ _____	<input type="checkbox"/> Y <input type="checkbox"/> N	
 <p>Dairy 2 1/2 cups 1 cup of dairy counts as • 1 cup milk; or • 1 cup yogurt; or • 1 cup fortified soy beverage; or • 1 1/2 ounces natural cheese or 2 ounces processed cheese.</p>	_____ _____ _____	<input type="checkbox"/> Y <input type="checkbox"/> N	<p>* This 1,600 calorie pattern is only an estimate of your needs. Monitor your body weight and adjust your calories if needed.</p>



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Food Group Amounts for 1,800 Calories a Day

				
<p>1 1/2 cups</p>	<p>2 1/2 cups</p>	<p>6 ounces</p>	<p>5 ounces</p>	<p>2 1/2 cups</p>
<p>Focus on whole fruits</p>	<p>Vary your veggies</p>	<p>Make half your grains whole grains</p>	<p>Vary your protein routine</p>	<p>Move to low-fat or fat-free milk or yogurt</p>
<p>Focus on whole fruits that are fresh, frozen, canned, or dried.</p>	<p>Choose a variety of colorful fresh, frozen, and canned vegetables—make sure to include dark green, red, and orange choices.</p>	<p>Find whole-grain foods by reading the Nutrition Facts label and ingredients list.</p>	<p>Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry.</p>	<p>Choose fat-free milk, yogurt, and soy beverages (soy milk) to cut back on your saturated fat.</p>



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- Saturated fat to **20 grams** a day.
- Added sugars to **45 grams** a day.








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 <p>Fruits 1 1/2 cups 1 cup of fruits counts as</p> <ul style="list-style-type: none"> • 1 cup raw or cooked fruit; or • 1/2 cup dried fruit; or • 1 cup 100% fruit juice. 	<hr/> <hr/> <hr/> <hr/>	<input type="checkbox"/> Y <input type="checkbox"/> N	 <p>Limit:</p> <ul style="list-style-type: none"> • Sodium to 1,900 milligrams a day. • Saturated fat to 20 grams a day. • Added sugars to 45 grams a day. <input type="checkbox"/> Y <input type="checkbox"/> N
 <p>Vegetables 2 1/2 cups 1 cup vegetables counts as</p> <ul style="list-style-type: none"> • 1 cup raw or cooked vegetables; or • 2 cups leafy salad greens; or • 1 cup 100% vegetable juice. 	<hr/> <hr/> <hr/> <hr/>	<input type="checkbox"/> Y <input type="checkbox"/> N	
 <p>Grains 6 ounce equivalents 1 ounce of grains counts as</p> <ul style="list-style-type: none"> • 1 slice bread; or • 1 ounce ready-to-eat cereal; or • 1/2 cup cooked rice, pasta, or cereal. 	<hr/> <hr/> <hr/> <hr/>	<input type="checkbox"/> Y <input type="checkbox"/> N	 <p>Be active your way:</p> <ul style="list-style-type: none"> • Children 2 to 5 years old should play actively every day. • Children 6 to 17 years old should move at least 60 minutes every day. <input type="checkbox"/> Y <input type="checkbox"/> N
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 <p>Dairy 2 1/2 cups 1 cup of dairy counts as</p> <ul style="list-style-type: none"> • 1 cup milk; or • 1 cup yogurt; or • 1 cup fortified soy beverage; or • 1 1/2 ounces natural cheese or 2 ounces processed cheese. 	<hr/> <hr/> <hr/> <hr/>	<input type="checkbox"/> Y <input type="checkbox"/> N	<p>* This 1,800 calorie pattern is only an estimate of your needs. Monitor your body weight and adjust your calories if needed.</p>



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Food Group Amounts for 2,000 Calories a Day

				
<p>2 cups</p> <p>Focus on whole fruits</p> <p>Focus on whole fruits that are fresh, frozen, canned, or dried.</p>	<p>2 1/2 cups</p> <p>Vary your veggies</p> <p>Choose a variety of colorful fresh, frozen, and canned vegetables—make sure to include dark green, red, and orange choices.</p>	<p>6 ounces</p> <p>Make half your grains whole grains</p> <p>Find whole-grain foods by reading the Nutrition Facts label and ingredients list.</p>	<p>5 1/2 ounces</p> <p>Vary your protein routine</p> <p>Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry.</p>	<p>2 1/2 cups</p> <p>Move to low-fat or fat-free milk or yogurt</p> <p>Choose fat-free milk, yogurt, and soy beverages (soy milk) to cut back on your saturated fat.</p>



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- Added sugars to **50 grams** a day.








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 <p>Vegetables 2 1/2 cups 1 cup vegetables counts as • 1 cup raw or cooked vegetables; or • 2 cups leafy salad greens; or • 1 cup 100% vegetable juice.</p>	_____ _____ _____	<input type="checkbox"/> Y <input type="checkbox"/> N	
 <p>Grains 6 ounce equivalents 1 ounce of grains counts as • 1 slice bread; or • 1 ounce ready-to-eat cereal; or • 1/2 cup cooked rice, pasta, or cereal.</p>	_____ _____ _____	<input type="checkbox"/> Y <input type="checkbox"/> N	 <p>Be active your way: • Children 2 to 5 years old should play actively every day. • Children 6 to 17 years old should move at least 60 minutes every day.</p> <input type="checkbox"/> Y <input type="checkbox"/> N
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 <p>Dairy 2 1/2 cups 1 cup of dairy counts as • 1 cup milk; or • 1 cup yogurt; or • 1 cup fortified soy beverage; or • 1 1/2 ounces natural cheese or 2 ounces processed cheese.</p>	_____ _____ _____	<input type="checkbox"/> Y <input type="checkbox"/> N	<p>* This 2,000 calorie pattern is only an estimate of your needs. Monitor your body weight and adjust your calories if needed.</p>

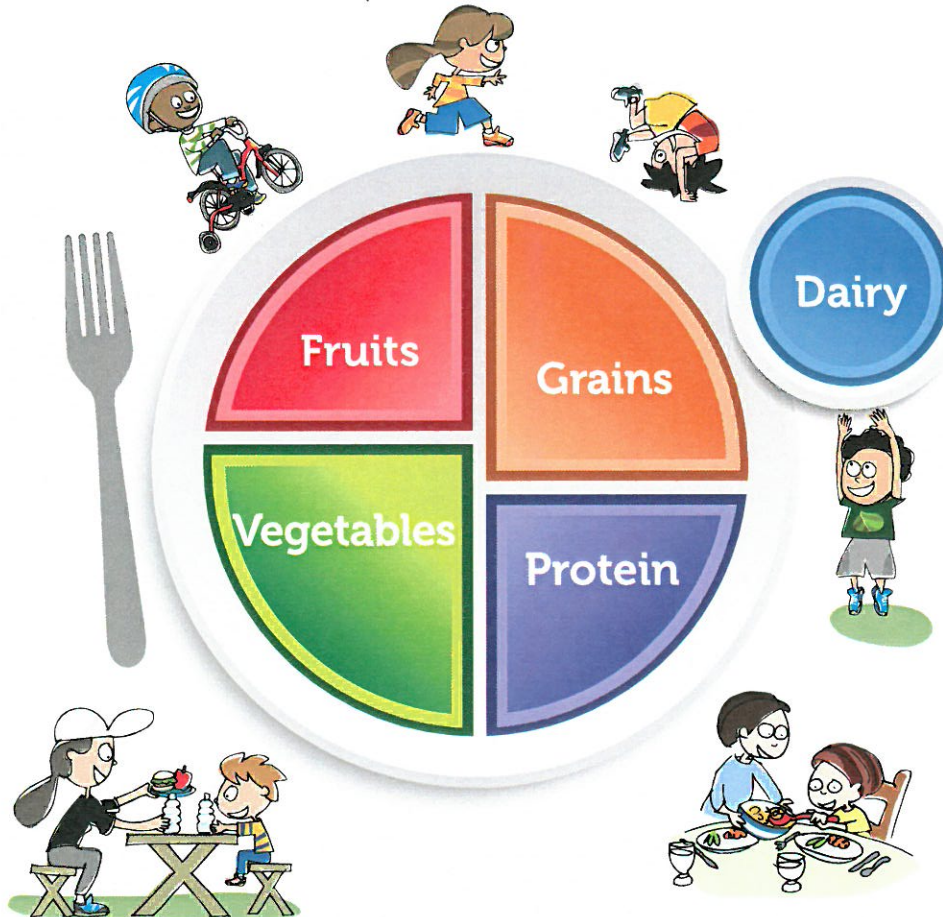


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Healthy Eating

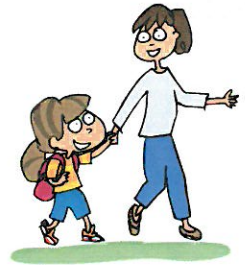
for

Preschoolers



Choose **MyPlate**.gov

Get your child on the path to healthy eating.



Focus on the meal and each other.

Your child learns by watching you. Children are likely to copy your table manners, your likes and dislikes, and your willingness to try new foods.

Offer a variety of healthy foods.

Let your child choose how much to eat. Children are more likely to enjoy a food when eating it is their own choice.

Be patient with your child.

Sometimes new foods take time. Give children a taste at first and be patient with them. Offer new foods many times.

Let your children serve themselves.

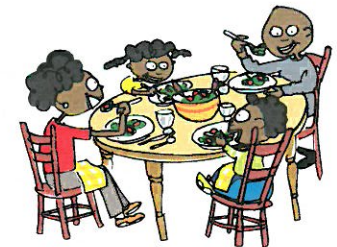
Teach your children to take small amounts at first. Let them know they can get more if they are still hungry.

Cook together.

Eat together.

Talk together.

Make meal time family time.



U.S. Department of Agriculture
Food and Nutrition Service

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Healthy Eating

for preschoolers

Daily Food Plan



Use this Plan as a general guide.

- These food plans are based on average needs. Do not be concerned if your child does not eat the exact amounts suggested. Your child may need more or less than average. For example, food needs increase during growth spurts.
- Children's appetites vary from day to day. Some days they may eat less than these amounts; other days they may want more. Offer these amounts and let your child decide how much to eat.

Food group	2 year olds	3 year olds	4 and 5 year olds	What counts as:
Fruits 	1 cup	1 - 1½ cups	1 - 1½ cups	½ cup of fruit? ½ cup mashed, sliced, or chopped fruit ½ cup 100% fruit juice ½ medium banana 4-5 large strawberries
Vegetables 	1 cup	1½ cups	1½ - 2 cups	½ cup of veggies? ½ cup mashed, sliced, or chopped vegetables 1 cup raw leafy greens ½ cup vegetable juice 1 small ear of corn
Grains Make half your grains whole 	3 ounces	4 - 5 ounces	4 - 5 ounces	1 ounce of grains? 1 slice bread 1 cup ready-to-eat cereal flakes ½ cup cooked rice or pasta 1 tortilla (6" across)
Protein Foods 	2 ounces	3 - 4 ounces	3 - 5 ounces	1 ounce of protein foods? 1 ounce cooked meat, poultry, or seafood 1 egg 1 Tablespoon peanut butter ¼ cup cooked beans or peas (kidney, pinto, lentils)
Dairy Choose low-fat or fat-free 	2 cups	2 cups	2½ cups	½ cup of dairy? ½ cup milk 4 ounces yogurt ¾ ounce cheese 1 string cheese

Some foods are easy for your child to choke on while eating. Skip hard, small, whole foods, such as popcorn, nuts, seeds, and hard candy. Cut up foods such as hot dogs, grapes, and raw carrots into pieces smaller than the size of your child's throat—about the size of a nickel.

There are many ways to divide the Daily Food Plan into meals and snacks. View the "Meal and Snack Patterns and Ideas" to see how these amounts might look on your preschooler's plate at www.choosemyplate.gov/preschoolers.html.

