

## MyPlate

The MyPlate Food Guide report displays graphically how close the foodlist compares to the latest USDA Dietary Guidelines (see [ChooseMyPlate.gov](http://ChooseMyPlate.gov) for more info).

### Profile Info

Personal: Test Student Female 28 yrs 5 ft 5 in 158.00 lb

Day(s): 2019 Mar 15 (Breakfast, Lunch, Dinner), Mar 16 (Breakfast, Lunch, Dinner, Snack), Mar 17 (Breakfast, Lunch, Dinner, Snack)

Activity Level: Low Active

Strive for an Active activity level.

Weight Change: None

Best not to exceed 2 lbs per week.

BMI: 26.3

Normal is 18.5 to 25. Clinically Obese is 30 or higher.

Sample



## Intake vs. Recommendation 2400 Calorie Pattern

Group	Percent	Comparison	Amount (Daily) *
Grains Intake	155 %		12.4 oz equivalent
Grains Recommendation			8.0 oz equivalent
Vegetables Intake	46 %		1.4 cup equivalent
Vegetables Recommendation			3.0 cup equivalent
Fruits Intake	12 %		0.2 cup equivalent
Fruits Recommendation			2.0 cup equivalent
Dairy Intake	52 %		1.6 cup equivalent
Dairy Recommendation			3.0 cup equivalent
Protein Foods Intake	122 %		8.0 oz equivalent
Protein Foods Recommendation			6.5 oz equivalent

### Make Half Your Grains Whole

Aim for at least 4.0 oz equivalents whole grains a day

### Oils & Empty Calories

Aim for 7.0 teaspoons of oils a day

Limit extra fats & sugars to 362 calories/day

### Vary Your Vegetables

Dark Green Vegetables	3.0 cups weekly
Orange Vegetables	2.0 cups weekly
Dry Beans & Peas	3.0 cups weekly
Starchy Vegetables	6.0 cups weekly
Other Vegetables	7.0 cups weekly

\* oz equivalent is a 1 ounce estimate, rounded to consumer friendly units. For example, an oz equivalent of Grains is 1 slice of bread, or 1/2 cup of rice. An oz equivalent of Protein Foods 1 oz of meat, 1 egg, or 1/4 cup cooked beans.