

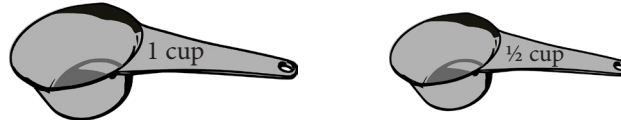
MyPlate Daily Food Plan Checklist

Children have different calorie needs based on their height, weight, and physical activity level. For example, the food group amounts for 1,800 calories a day for children ages 9 and up that are active for 30 minutes or more per day are:

Fruits- 1 ½ cups

1 cup of fruits:

- 1 cup raw or cooked fruit
- ½ cup dried fruit
- 1 cup 100% fruit juice



Vegetables- 2 ½ cups

1 cup of vegetables:

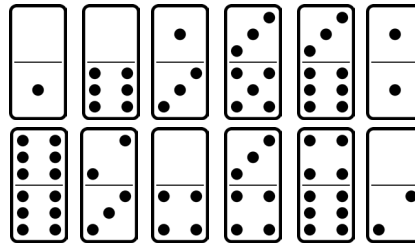
- 1 cup raw or cooked vegetables
- 2 cups leafy salad greens
- 1 cup 100% vegetable juice



Grains -6 ounce equivalents

1 ounce of grains:

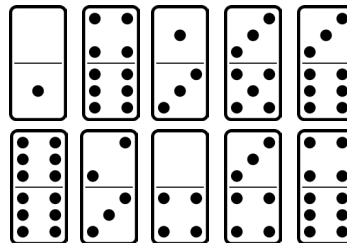
- 1 slice bread
- 1 cup of ready-to eat cereal
- ½ cup of cooked rice, pasta, or cereal



Protein-5 ounce equivalents

1 ounce of protein:

- 1 ounce lean meat, poultry, or seafood
- 1 egg
- 1 Tbsp peanut butter
- ¼ cup cooked beans or peas
- ½ ounce nuts or seeds



Dairy-3 cups

1 cup of dairy:

- 1 cup milk
- 1 cup yogurt
- 1 cup fortified soy beverage
- 1 ½ ounces natural cheese or 2 ounces processed cheese.



Each of these food groups provide some, but not all, of the nutrients you need. No one food group is more important than another—for good health you need them all. Drink and eat less sodium, saturated fat, and added sugars for a healthy eating style.