A Health-Full Plate

“The plate shows the types and proportions of food choices to make.”

MyPyramid.gov
STEPS TO A HEALTHIER YOU

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A Health-Full Plate

“Let MyPyramid guide your food choices”

For people who need 1,600-3,000 calories per day

- 1 1/2 - 2 1/2 cups Fruits
- 2-4 cups Vegetables
- 5-10 ounce equivalents Lean Meat and Beans
- 5-7 ounce equivalents Grains
- 5-10 teaspoons Oils
- Extra Calories

3 cups Milk

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