MyPlate Plan Menu

Record the food groups you eat and drink during the day for breakfast, lunch, dinner, and your snacks.

<table>
<thead>
<tr>
<th></th>
<th>FRUITS</th>
<th>VEGETABLES</th>
<th>GRAINS</th>
<th>PROTEIN FOODS</th>
<th>DAIRY</th>
</tr>
</thead>
<tbody>
<tr>
<td>DAY 1</td>
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<td>DAY 2</td>
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<td>DAY 3</td>
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<td>DAY 4</td>
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<td>DAY 5</td>
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<td>DAY 6</td>
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<td>DAY 7</td>
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<tr>
<td>Food Group</td>
<td>What Counts As...</td>
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</tr>
<tr>
<td><strong>Fruits</strong></td>
<td>1 cup of Fruit</td>
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<tr>
<td>- Whole Fruit</td>
<td>• 1 cup fresh or canned fruit</td>
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<tr>
<td>- Fruit Juice</td>
<td>• 1 cup 100% fruit juice</td>
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<tr>
<td>- 1/2 cup dried fruit</td>
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<tr>
<td><strong>Vegetables</strong></td>
<td>1 cup of Vegetables</td>
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<tr>
<td>- Dark Green</td>
<td>• 1 cup fresh or canned vegetables</td>
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<tr>
<td>- Red and Orange</td>
<td>• 1 cup 100% vegetable juice</td>
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<tr>
<td>- Beans and Peas</td>
<td>• 2 cups leafy salad greens</td>
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<tr>
<td>- Starchy</td>
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<tr>
<td>- Other</td>
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<tr>
<td><strong>Grains</strong></td>
<td>1 ounce of Grains</td>
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<tr>
<td>- Whole Grains</td>
<td>• 1 slice of bread (1 ounce)</td>
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<tr>
<td>- Refined Grains</td>
<td>• 1/2 cup cooked pasta, rice, or cereal</td>
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<td></td>
<td>• 1 ounce uncooked pasta or rice</td>
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<td></td>
<td>• 1 tortilla (6 inch diameter)</td>
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<td></td>
<td>• 1 pancake (5 inch diameter)</td>
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<td></td>
<td>• 1 ounce ready-to-eat cereal</td>
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<tr>
<td></td>
<td>(about 1 cup cereal flakes)</td>
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<tr>
<td><strong>Protein Foods</strong></td>
<td>1 ounce of Protein Foods</td>
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<tr>
<td>- Seafood</td>
<td>• 1 ounce lean meat, poultry, or seafood</td>
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<tr>
<td>- Meat, Poultry, and Eggs</td>
<td>• 1 egg</td>
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<tr>
<td>- Nuts, Seeds, and Soy</td>
<td>• 1 Tablespoon peanut butter</td>
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<td></td>
<td>• 1/2 ounce nuts or seeds</td>
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<td></td>
<td>• 1/4 cup cooked beans or peas</td>
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<tr>
<td><strong>Dairy</strong></td>
<td>1 cup of Dairy</td>
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<tr>
<td>- Milk and Yogurt</td>
<td>• 1 cup milk</td>
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<tr>
<td>- Cheese</td>
<td>• 1 cup fortified soymilk (soy beverage)</td>
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<td></td>
<td>• 1 cup yogurt</td>
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<tr>
<td></td>
<td>• 1 1/2 ounce natural cheese (e.g., Cheddar)</td>
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