

MyPlate

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

Profile Info

Personal: [redacted] Female [redacted] 5 ft 4 in 150 lb

Day(s): Sunday (Breakfast, Lunch, Dinner, Snack), Monday (Breakfast, Lunch, Dinner, Snack), Tuesday (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: 25.7

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



Intake vs. Recommendation

2200 Calorie Pattern

Group	Percent	Comparison	Amount
Grains Intake	51	%	3.6 oz equivalent
Grains Recommendation			7.0 oz equivalent
Vegetables Intake	11	%	0.3 cup equivalent
Vegetables Recommendation			3.0 cup equivalent
Fruits Intake	36	%	0.7 cup equivalent
Fruits Recommendation			2.0 cup equivalent
Dairy Intake	34	%	1.0 cup equivalent
Dairy Recommendation			3.0 cup equivalent
Protein Foods Intake	77	%	4.6 oz equivalent
Protein Foods Recommendation			6.0 oz equivalent

Make Half Your Grains Whole

Aim for at least 3.5 oz equivalents whole grains a 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

Oils & Empty Calories

Aim for 6.0 teaspoons of oils a day

Limit your extra fats & sugars to 290 Calories a

* 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.