

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: Jesus Mojica Male 39 yrs 5 ft 8 in 210 lb

Day(s): Day 1 (Breakfast, Lunch, Dinner, Snack), Day 2 (Lunch, Dinner, Snack), Day 3 (Breakfast, Lunch, Snack)

Activity Level: Low Active

Strive for an Active activity level.

Weight Change: None

Best not to exceed 2 lbs per week.

BMI: 31.9

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



Intake vs. Recommendation

3000 Calorie Pattern

Group	Percent	Comparison	Amount
Grains Intake	55 %		5.5 oz equivalent
Grains Recommendation			10.0 oz equivalent
Vegetables Intake	29 %		1.2 cup equivalent
Vegetables Recommendation			4.0 cup equivalent
Fruits Intake	0 %		0.0 cup equivalent
Fruits Recommendation			2.5 cup equivalent
Dairy Intake	0 %		0.0 cup equivalent
Dairy Recommendation			3.0 cup equivalent
Protein Foods Intake	119 %		8.3 oz equivalent
Protein Foods Recommendation			7.0 oz equivalent

Make Half Your Grains Whole

Aim for at least 5.0 oz equivalents whole grains a day

Vary Your Vegetables

Dark Green Vegetables	3.0 cups weekly
Orange Vegetables	2.5 cups weekly
Dry Beans & Peas	3.5 cups weekly
Starchy Vegetables	9.0 cups weekly
Other Vegetables	10. cups weekly

Oils & Empty Calories

Aim for 10.0 teaspoons of oils a day

Limit your extra fats & sugars to 512 Calories a

* oz equivalent is a 1 ounce estimate, rounded to consumer friendly units. For example, an oz equivalent of Grains is a 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.