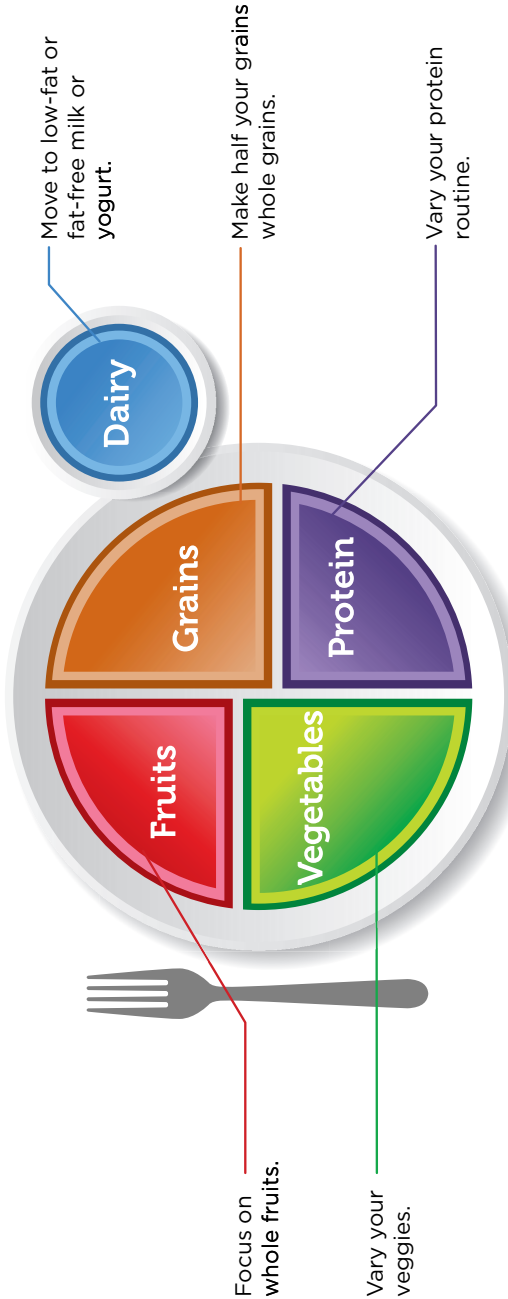


# MyPlate



## MyPlate, MyWins: Make it yours

Find your healthy eating style. Everything you eat and drink over time matters and can help you be healthier now and in the future.



Choose **MyPlate**.gov



**Limit the extras.**

Drink and eat beverages and food with less sodium, saturated fat, and added sugars.



**Create 'MyWins' that fit your healthy eating style.**

Start with small changes that you can enjoy, like having an extra piece of fruit today.

U.S. Department of Agriculture. ChooseMyPlate.gov Website. Washington, DC. Retrieved, June 15, 2016 from [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov).

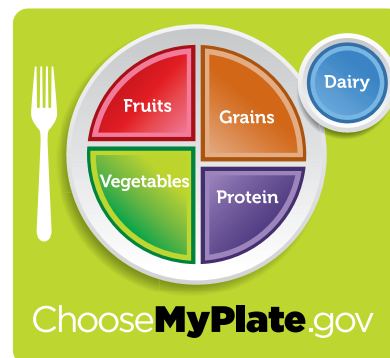
## Getting Started with MyPlate Online Tools

ChooseMyPlate.gov website has great online tools. Here are some of them that you can use during your program.

**Step 1** Using a computer, go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov).

**Step 2** Click on “Online Tools”

**Step 3** Familiarize yourself with the online tools.



**SuperTracker** Can help you plan, analyze, and track your diet and physical activity.

**What’s Cooking? USDA Mixing Bowl** Is an interactive tool to help with healthy meal planning, cooking and grocery shopping.

**MyPlate Daily Checklist** Shows your daily food group targets—what and how much to eat within your calorie allowance.

**BMI Calculator** Enter your weight and height into BMI (Body Mass Index) calculator to find out your current weight status.

**Portion Distortion** To see if you know how today’s portions compare to the portions available 20 years ago, quiz yourself.

**Quizzes** Test your knowledge about the MyPlate food groups and other nutrition-related information.

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## Putting Foods I Like to Eat on the MyPlate

*Directions:* Place pictures of food items on the MyPlate in each corresponding category.

