



Choose **MyPlate**.gov



Vary the Vegetables
2 ½ cups

Choose More: Vary the type, color and taste; choose a rainbow of colors such as asparagus, broccoli, kale, squash, carrots, tomato, turnip, potato, & onion.

Choose Less: French fries & breaded & fried vegetables, such as onions & mushrooms.



Feature the Fruits
2 cups

Choose More: Add more colors to the rainbow: berries, figs, plums, grapes, citrus, melons, pomegranate, apricot, mango, pear, peach, pineapple.

Choose Less: Juice, fruit pies and tarts w/ added sugar & shortening.



Go Whole Grains
6 ounces

Choose More: Whole grains include amaranth, barley, brown rice, bulgur, oatmeal, popcorn, quinoa, whole-wheat, yellow corn.

Choose Less: Processed grains, white pasta & rice, refined crackers, cereals and baked goods.



Protect with Protein
5 ½ ounces

Choose More: All types of lentils, nuts, peas, seeds, many kinds of beans & meat alternates from soy and/or grains & eggs.

Choose Less: High fat & salty foods like salted nuts, highly seasoned entrees. Avoid fried foods.



Calcium-Rich Dairy and Equivalents
2-4 cups

Choose More: Low fat milk, yogurt, ricotta cheese, and other fresh cheeses. Soy or seed equivalents of beverages, yogurt, and cheeses.

Choose Less: Whole-fat dairy such as milk, ice cream, cheese & cream.

MyPlate Vegetarian Food Guide

| Food Groups | Many Women and Older Adults | Children, Active Girls and Women | Boys And Active Men | Sample Serving Sizes g = grams ml = milliliters | Best Foods From Each Food Group | Nutrients Contributed by Each Group |
|-------------------------------------|---|----------------------------------|------------------------|--|---|--|
| | 1600 Calories Daily | 2000 Calories Daily | 2400 Calories Daily | | | |
| Go Whole Grains | Servings 5 | Servings 6 | Servings 8 | ¼ bagel, ½ English muffin, 1/4 (4 oz) muffin, 1 slice (30g) bread, 3/4 cup (40g) dry unsweetened cereal, ¼ cup granola, ½ cup (100g) hot cereal, 3-4 (30g) crackers, 1 (30g) chapatti, 6" tortilla, 1/3 cup rice or pasta | Whole Grains Amaranth, barley, brown rice, buckwheat, bulgur, kamut, maize, millet, multigrain, oats, popcorn, quinoa, rye, sorghum, teff, triticale, wheat, wild rice, yellow corn | Carbohydrates (complex and simple), B vitamins (thiamine, riboflavin, niacin, folate), iron, protein, fiber, and trace minerals |
| Vary the Vegetables | Servings 4 | Servings 5 | Servings 6 | 1 cup (50g) raw leafy vegetable salad ½ cup (50g) chopped raw vegetables ½ cup (80g) cooked vegetables ¾ cup (100g) vegetable juice Unlimited – basil, cilantro, dill, ginger, oregano, parsley, rosemary, turmeric, etc. | Vegetables Green: Asparagus, bok choy, broccoli, cabbage, collards, kale, mustard greens, okra, romaine, spinach, turnip greens Orange: Carrot, pumpkin, rutabaga, sweet potato, squash Red: Beet, eggplant, radish, red cabbage & pepper, tomato White: Cauliflower, garlic, onion, potato, turnip | Carotenoids, vitamin C, fiber, protein, potassium, folate, magnesium, vitamin K, phytochemicals |
| Focus on Fruits | Servings 3 | Servings 4 | Servings 4 | 1 medium (100g or 1 cup) whole fruit 1 cup (100g) berries ½ cup (125g) lite or unsweetened canned or frozen fruit ½ cup (100g) lite or unsweetened fruit juice ¼ cup (35g) dried fruit | Fruits Blue-Red-Purple: Blueberries, blackberries, boysenberries, cranberries, cherries, grapes, plums, prunes, raspberries, pomegranate, strawberries, watermelon Citrus: Grapefruit, kumquat, lemon, lime, orange, tangerine Dry: Dates, figs, raisins, prunes Green: Honeydew, kiwi Orange: Apricot, cantaloupe, papaya, persimmon Yellow: Banana, durian, mango, peach, pear, pineapple | Vitamin C, carotenoids, fiber, potassium, folate, magnesium, flavonoids |
| Delight in Dairy Equivalents | Servings 3 | Servings 3 | Servings 4 | 1 cup (240ml) non-fat or low fat milk 1 cup (240ml) full fat, fortified soy milk 1 cup (240ml) low fat or non-fat yogurt 1½ cup (290g) low fat cottage cheese ½ cup (125g) non-fat ricotta cheese ¾ cup (165g) soy cheese | Dairy or Alternatives Dairy Products: Low fat milk, yogurt, ricotta cheese, other fresh cheeses Fortified Dairy Alternatives with Vitamins D & B ₁₂ & Calcium: Full fat soy or tofu beverages, soy yogurt, soy cheese | Protein, calcium, vitamins A, B ₂ , B ₁₂ , D isoflavones, if soy |
| Protect with Proteins | Servings 3 | Servings 5½ | Servings 6 | Protein g ½ cup (100g) cooked beans 7 ½ cup (100g) cooked lentils 9 ½ cup (100g) tofu 6 1 egg or 2 egg whites 7 ¼ cup (35g) seeds, whole 7 ¼ cup (28g) nuts 7 2 tbsp (32 gm) nut butter 8 | Protein-rich Foods Beans: Adzuki, black, fava, kidney, lima, navy, pinto, soy Peas: Blackeyed, chick, lentil, pigeon, purple hull split Meat Alternates: Grains with legumes, soymeats, tofu, edamame, meat analogs Nuts: Almonds, pistachios, walnuts Seeds: Pumpkin, sunflower | Protein, iron, zinc, vitamins B ₁₂ , B ₆ , E, niacin, complex carbohydrate, fiber, linoleic acid, linolenic acid |
| Find Healthy Fats | Servings 5 | Servings 6 | Servings 7 | Fat g ¼ cup (36g) avocado 5 2 tbsp. (16g) flax seed, ground 5 1 tbsp. (8g) nuts, chopped 5 1 1/2 tsp. (15g) nut butter 5 1 tsp. (5 g) margarine, oil, mayo 5 | Healthy Vegetable Fats Nuts & Seeds: Brazil nuts, cashews, filberts, flax seeds, macadamias, pecans, sesame seeds, pine nuts, walnuts Oils & Spreads: Canola, olive, soy and walnut oils and margarine, salad dressings, and mayonnaise Other: Avocado & olives | Vitamin E, linoleic acid, linolenic acid |
| Select Few Sweets | Avoid unhealthy fats and minimize or eliminate refined sugars to lose weight. | | | 1/8 fruit pie (270 to 486 calories) 1 tbsp. fruit preserves (50 calories) ½ cup ice cream (111 to 377 calories) 1.5 oz. chocolate bar (200 calories) | Sweets Fruits: Dried or fresh fruit; fruit cobbler, fruit crisp Desserts: Lite ice cream & sherbert | Limit Intake Desserts contain large amounts of calorie-loaded sugar & fat |