

MyPlate

The nutrition guidelines in HealthyLife® Weigh and this menu planning book are based on USDA's MyPlate and the 2015-2020 Dietary Guidelines for Americans. MyPlate helps to identify how much food makes up a healthy and balanced meal by showing how different food groups take up space on a plate:

- Make $\frac{1}{2}$ of your plate fruits and vegetables.
- $\frac{1}{4}$ of your plate is lean protein.
- $\frac{1}{4}$ of your plate is a whole grain or high-fiber starch.
- Drink low-fat dairy or consume other calcium-rich foods or drinks.

