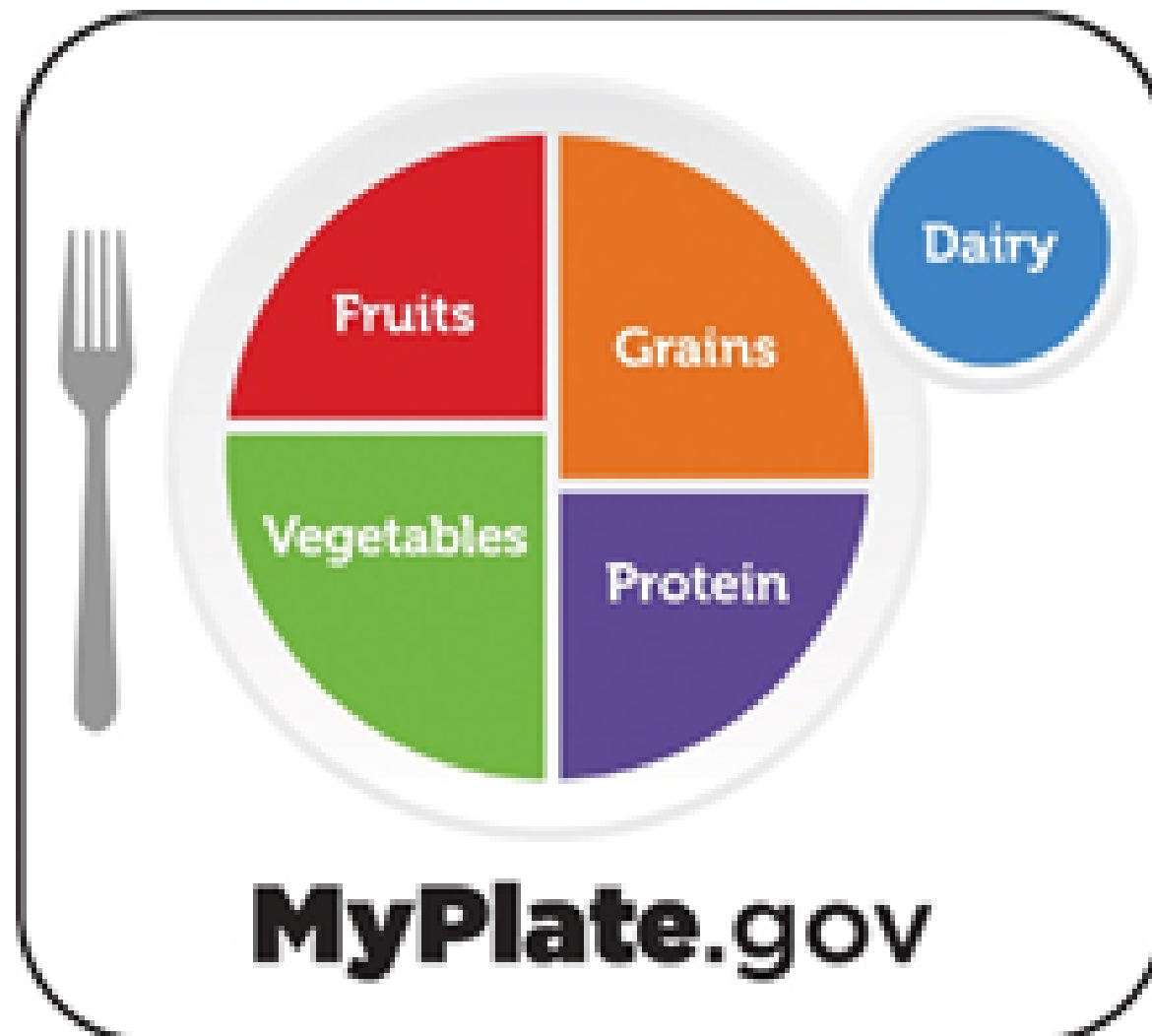


# LEARN.GROW.EAT



## Start Simple with MyPlate™



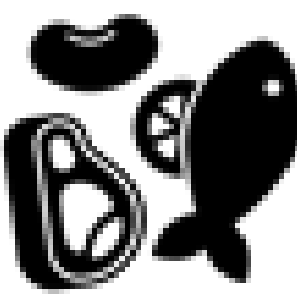
Make half your plate fruits and vegetables  
**Focus on whole fruits**



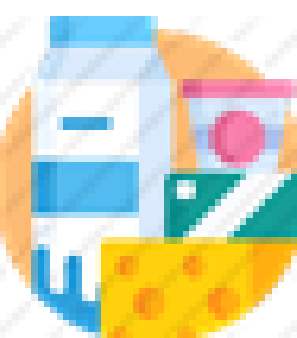
Make half your plate fruits and vegetables  
**Vary your veggies**



Make half your grains whole grains



Vary your protein routine



Move to low-fat or fat-free dairy milk or yogurt

## Female

**Daily Amount of Food From Each Group (cups)**

**Vegetables 2 1/2**

**Fruits 1 1/2**

Grains 6

Dairy 3

Protein Foods 5

## Male

**Daily Amount of Food From Each Group (cups)**

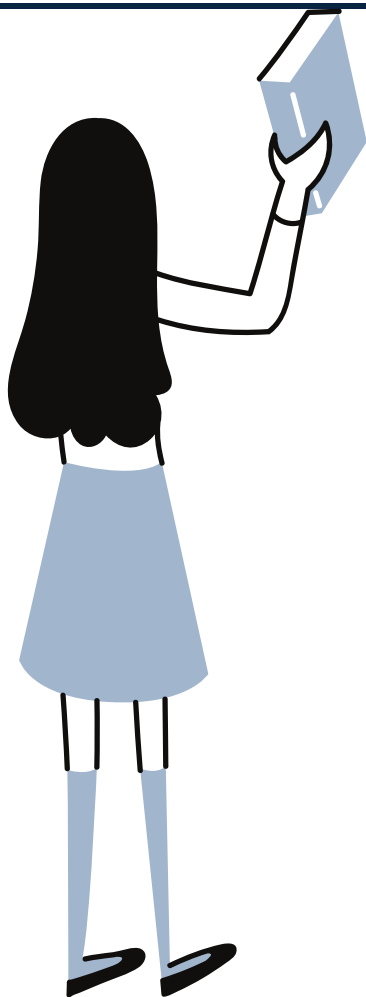
**Vegetables 2 1/2**

**Fruits 2**

Grains 6

Dairy 3

Protein Foods 5 1/2



Teen females need about 1,800 to 2,400 calories per day and males need about 2,000 to 3,200 calories per day.

