



Everything you eat and drink matters. The right mix can help you be healthier now and in the future. Use MyPlate to help you build a healthier eating style.



building blocks for **HeartHealth**

EVERY DAY:

FRUITS
1-2 cups

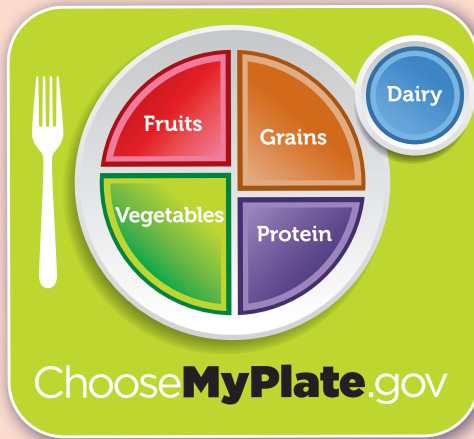
VEGETABLES
1-2 ½ cups

PROTEIN: MEATS, BEANS, ETC.
2-5 ½ oz

GRAINS
3-6 oz

DAIRY
2-3 cups

OILS
2-6 teaspoons



Portions vary by age and gender. Visit ChooseMyPlate.gov and find out what works best for you.



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