

## MyPlate

The MyPlate Food Guide report displays graphically how close the foodlist compares to the latest USDA Dietary Guidelines (see ChooseMyPlate.gov for more info).

### Profile Info

Personal: Fady Male 20 yrs 6 ft 160 lb

Day(s): Day 1 (Breakfast, Lunch, Dinner, Snack), Day 2 (Breakfast, Lunch, Dinner, Snack), Day 3 (Breakfast, Lunch, Dinner, Snack)

Activity Level: Active

Strive for an Active activity level.

Weight Change: None

Best not to exceed 2 lbs per week.

BMI: 21.7

Normal is 18.5 to 25. Clinically Obese is 30 or higher.



## Intake vs. Recommendation

3200 Calorie Pattern

| Group                        | Percent | Comparison | Amount | *              |
|------------------------------|---------|------------|--------|----------------|
| Grains Intake                | 54      | %          | 5.4    | oz equivalent  |
| Grains Recommendation        |         |            | 10.    | oz equivalent  |
| Vegetables Intake            | 49      | %          | 2.0    | cup equivalent |
| Vegetables Recommendation    |         |            | 4.0    | cup equivalent |
| Fruits Intake                | 0       | %          | 0.0    | cup equivalent |
| Fruits Recommendation        |         |            | 2.5    | cup equivalent |
| Dairy Intake                 | 29      | %          | 0.9    | cup equivalent |
| Dairy Recommendation         |         |            | 3.0    | cup equivalent |
| Protein Foods Intake         | 323     | %          | 22.    | oz equivalent  |
| Protein Foods Recommendation |         |            | 7.0    | oz equivalent  |

### Make Half Your Grains Whole

Aim for at least 5.0 oz equivalents whole grains a day

### Vary Your Vegetables

Dark Green Vegetables 3.0 cups weekly

Orange Vegetables 2.5 cups weekly

Dry Beans & Peas 3.5 cups weekly

Starchy Vegetables 9.0 cups weekly

Other Vegetables 10. cups weekly

### Oils & Empty Calories

Aim for 11.0 teaspoons of oils a day

Limit your extra fats & sugars to 648 Calories a

\* oz equivalent is a 1 ounce estimate, rounded to consumer friendly units. For example, an oz equivalent of Grains is 1 slice of bread, or 1/2 cup of rice. An oz equivalent of Protein Foods 1 oz of meat, 1 egg, or 1/4 cup cooked beans.