MyPlate: Steps to a Healthier You

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Eating right can help you feel good. Add in exercise, good grooming, and sleeping well and you’ll be on your way to good health!

Every person needs nutrients from a variety of foods. Each nutrient has a special job to do within your body, and your body cannot work right without all nutrients being present at the same time. No single food can provide all the nutrients you need, so it is best to eat many different foods every day.

The energy to fuel your body comes from food. It is measured in calories. Your body’s energy needs depend upon your height, weight, age, gender, activity level, and state of health. For a healthy weight, balance the calories from foods eaten with the calories that you burn during physical activity.

MyPlate can show you how to eat the right foods in the right amounts every day. Eat foods from the Grains, Vegetable, Fruit, Dairy, and Protein groups. Add in a small amount of calories from fat. Make sure that most of the fat calories come from fish, nuts, and vegetable oils.

Everyone’s best eating plan is not the same. You can find the number of calories and the amount of food you need from each food group to keep your body healthy by visiting <http://www.choosemyplate.gov> or by completing MyPlate Worksheet (NEP-201C).