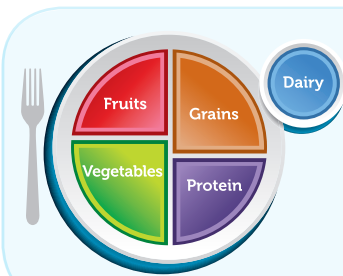




Eat smart for life

Build up a healthy eating style

Everyone knows it's important to eat well. But what does healthy eating look like for you? And how can you ensure you get enough nutrients throughout the day? It's simple.



Follow the MyPlate food plan

MyPlate shares which food groups you should eat throughout the day. Half your plate should be fruits and veggies, while the other half should be grains and protein. You should also have a small serving of dairy. Eating the right mix of foods can help you be healthier now and in the long run.

Start your challenge today

Eat the daily amount you need from each food group using your MyPlate food plan.

How to begin

- Visit [ChooseMyPlate.gov/MyPlatePlan](https://www.choosemyplate.gov/MyPlatePlan) to get your MyPlate food plan.
- Eat healthy meals using your food plan for the next 21 days.
- Record your meals using your challenge tracker.
- Share one photo a week of a meal you ate.



Make every bite count



Use these tips to help you stick to healthy eating for good:

- 1 Focus on variety, amount and nutrition.
- 2 Choose foods and drinks that are low in saturated fat, sodium and sugar.
- 3 Have ready-to-eat fruits, such as apples, oranges or berries available.
- 4 Store bagged, precut veggies or premade salad kits.
- 5 Plan your meals by the week to stay organized and save yourself time.



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TRACK WHAT'S on your plate



See how well you're eating

Check off the food groups you have in each of your meals for the next 21 days.
Once a week, share a photo of a meal you ate.

Day	Breakfast				Lunch				Dinner			
	Fruits/ Veggies	Grains	Protein	Dairy	Fruits/ Veggies	Grains	Protein	Dairy	Fruits/ Veggies	Grains	Protein	Dairy
1												
2												
3												
4												
5												
6												
7												
Do you have a photo to share?									<input type="checkbox"/> Yes	<input type="checkbox"/> No		
8												
9												
10												
11												
12												
13												
14												
Do you have a photo to share?									<input type="checkbox"/> Yes	<input type="checkbox"/> No		
15												
16												
17												
18												
19												
20												
21												
Do you have a photo to share?									<input type="checkbox"/> Yes	<input type="checkbox"/> No		



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