

**Popular Topics**

- > [Fruits & Veggies Video Contest](#)
- > [Healthy Eating on a Budget](#)
- > [SuperTracker](#)
- > [10 Tips Nutrition Education Series](#)
- > [Sample Menus and Recipes](#)
- > [Dietary Guidelines](#)
- > [Partnering Program](#)

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Access MyPlate Tools with this tab.



**Healthy Eating on a Budget**

Eating healthy doesn't have to be expensive. Learn how to eat better on a budget.



**What's Cooking?**

**Newsroom**

- **Tip of the Day** – Make a Waldorf salad, with apples, celery, walnuts, and dressing.
- **Communities on the Move Video Challenge** – First Lady Michelle Obama's *Let's Move!* initiative invites faith-based, community, and other orga... create inspiring videos about reverse the trend of childho... Download the MyPlate Community Toolkit.
- **MyPlate Fruits and Veggies Video Challenge** – What does it look like? Check out the video challenge. Get som... and your family make ha... and vegetables.
- **Ten Tips Nutrition Education Series** – New tips added January 2012

**Español**

**Track Your Success**

**For Consumers**

- > [Dieters](#)
- > [Pregnant & Breastfeeding Women](#)
- > [Children \(6-11 yrs\)](#)
- > [Preschoolers \(2-5 yrs\)](#)
- > [En Español](#)

**For Professionals**

- > [Educators/Teachers](#)
- > [Health Care Professionals](#)
- > [Partners](#)
- > [MyPlate Graphics](#)

**Related Resources**

- [USDA](#)
- [Let's Move! Initiative](#)
- [Know Your Farmer Know Your Food](#)
- [The People's Garden](#)
- [The White House](#)

>>> [More](#)

**Resources for Nutrition & Health**

**Food Groups**

- Fruits
- Vegetables
- Grains
- Protein Foods
- Dairy
- Oils
- Empty Calories

**Audiences**

- Dieters
- Pregnant & Breastfeeding Women
- Children (6-11 Years)
- Preschoolers (2-5 Years)
- Educators/Teachers
- Health Care Professionals
- Partners

**Printable Materials & Ordering**

- 10 Tips Nutrition Education Series
- MyPlate Mini-Poster (PDF)
- Coloring Sheets
- MyPlate Images

>>> [More Printable Materials](#)  
 >>> [Ordering Materials](#)

**Related Resources**

- Dietary Guidelines
- Food Safety
- Food and Nutrient Data
- USDA Center for Nutrition Policy & Promotion

**Additional Information**

- Nutrition.gov
- Fruits & Veggies More Matters
- Weight Control
- Diabetes
- Heart Disease

>>> [More Links](#)



Nutrition Services 3600 Telegraph Ave. • Oakland, CA 94609 • 510-595-6454  
[www.healthylivingforlife.org](http://www.healthylivingforlife.org) <<http://www.healthylivingforlife.org>>  
 For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP, an equal opportunity provider and employer.  
 Visit [www.cachampionsforchange.net](http://www.cachampionsforchange.net) for healthy tips. •California Department of Public Health

