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 United States Department of Agriculture

Navigation: [About Us](#) | [FAQs](#) | [Newsroom](#) | [Contact Us](#)

Search: [Q](#)

Menu: [MyPlate](#) | [Weight Management & Calories](#) | [Physical Activity](#) | [SuperTracker & Other Tools](#) | [Printable Materials & Ordering](#) | [Healthy Eating Tips](#)

Site Map | A-Z Index | Advanced Search | Help | Search Tips

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Home > MyPlate

Food Groups

Choose a Food Group

MyPlate illustrates the five food groups that are the building blocks for a healthy diet using a familiar image—a place setting for a meal. Before you eat, think about what goes on your plate or in your cup or bowl. To learn more about building a healthy plate, select a food group below.

Fruits

Focus on fruits.

[>> See Fruit Group](#)

Vegetables

Vary your veggies.

[>> See Vegetable Group](#)

Grains

Make at least half your grains whole.

[>> See Grains Group](#)

Protein Foods

Go lean with protein.

[>> See Protein Foods Group](#)

Dairy

Get your calcium-rich foods.

[>> See Dairy Group](#)

Related Topics

- [Empty Calories](#)
- [Recipes](#)

Resources for Nutrition & Health

Food Groups	Audiences	Printable Materials & Ordering	Related Resources	Additional Information
Fruits Vegetables Grains Protein Foods Dairy Oils Empty Calories	Dieters Pregnant & Breastfeeding Women Children (6-11 Years) Preschoolers (2-5 Years) Educators/Teachers Health Care Professionals Partners	10 Tips Nutrition Education Series MyPlate Mini-Poster Coloring Sheets MyPlate Images >>> More Printable Materials >>> Ordering Materials	Dietary Guidelines Food Safety Food and Nutrient Data USDA Center for Nutrition Policy & Promotion	Nutrition.gov Fruits & Vegetables Weight Control Diabetes Heart Disease >>> More Links

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Learn which foods are in each food group.

Healthy recipes and sample menus

Lots of tips on building success with MyPlate



Nutrition Services 3600 Telegraph Ave. • Oakland, CA 94609 • 510-595-6454
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 for healthy tips. •California Department of Public Health

