USDA MyPlate Groups

MyPlate is USDA’s food group symbol. The MyPlate symbol is a reminder to make healthy food choices. Each USDA MyPlate food group is represented by a different color on MyPlate.

- Grains – orange.
- Vegetables – green.
- Fruits – red.
- Dairy – blue.
- Protein foods – purple.

Grains: Make Half Your Grains Whole Grains

Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is part of this group. Grains are divided into either whole grains or refined grains. In general 1 ounce from the grains group is:

- 1 slice of bread.
- 1 cup of ready-to-eat cereal.
- ½ cup of cooked rice, cooked pasta, or cooked cereal.

Vegetables: Vary Your Veggies

Any vegetable or 100 percent vegetable juice is part of this group. Vegetables are divided into five subgroups including dark green vegetables, red and orange vegetables, beans and peas, starchy vegetables, and other vegetables. In general 1 cup from the vegetables group is:
• 1 cup of raw or cooked vegetables or vegetable juice.
• 2 cups of raw leafy greens is considered as 1 cup from the vegetables group.

Fruits: Focus on Fruits

Any fruit or 100 percent fruit juice is part of this group. In general 1 cup from the fruits group is:
• 1 cup of fruit or 100 percent fruit juice.
• ½ cup of dried fruit.

Dairy: Move to Low-Fat or Fat-Free Milk or Yogurt

All fluid milk products and many foods made from milk are part of this food group. Foods made from milk that keep their calcium content are part of this group. Foods made from milk with little or no calcium, such as cream cheese, cream, or butter, are not part of this group. Calcium-fortified soymilk is also part of this food group. In general 1 cup from the dairy group is:
• 1 cup of milk, yogurt, or soymilk.
• 1 ½ ounces of natural cheese.
• 2 ounces of processed cheese.

Protein Foods: Vary Your Protein Routine

All foods made from meat, poultry, seafood, beans or peas, eggs, processed soy products, nuts, and seeds are part of this group. Beans and peas are also part of the vegetable group. In general 1 ounce from the protein foods group is:
• 1 ounce of meat, poultry or fish.
• ¼ cup cooked dry beans.
• 1 egg.
• 1 tablespoon of peanut butter.
• ½ ounce of nuts or seeds.

Sources
