



Start *simple* with **MyPlate Plan**

The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate.

A healthy eating routine is important at every stage of life and can have positive effects that add up over time. It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients. Make every bite count.

Food Group Amounts for 3,000 Calories a Day for Ages 9 to 13 Years

				
2 ½ cups Focus on whole fruits Focus on whole fruits that are fresh, dried, frozen, or canned.	4 cups Vary your veggies Choose a variety of colorful fresh, frozen, and canned vegetables—make sure to include dark green, red, and orange choices.	10 ounces Make half your grains whole grains Find whole-grain foods by reading the Nutrition Facts label and ingredients list.	7 ounces Vary your protein routine Mix up your protein foods to include seafood; tofu and other soy products; eggs; beans, peas, and lentils; unsalted nuts and seeds; and lean meats and poultry.	3 cups Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions) Look for ways to include dairy or fortified soy alternatives at meals and snacks throughout the day.
 Choose foods and beverages with less added sugars, saturated fat, and sodium. Limit: - Added sugars to less than 75 grams a day. - Saturated fat to less than 33 grams a day. - Sodium to less than 1,800 milligrams a day.		 Be active your way: Children 6 to 17 years old should move 60 minutes every day.		

MyPlate Plan

Write down the foods you ate today and track your small changes, bite by bite.

In general, food group targets for a 3,000-calorie* pattern are:		Food choices
 2 ½ cups 1 cup of fruits counts as • 1 cup raw or cooked fruit; or • ½ cup dried fruit; or • 1 cup 100% fruit juice.		
 4 cups 1 cup of vegetables counts as • 1 cup cooked or raw vegetables; or • 2 cups raw or 1 cup cooked leafy greens; or • 1 cup rehydrated dried vegetables; or • 1 cup root vegetables; or • 1 cup 100% vegetable juice.		
 10 ounce-equivalents 1 ounce of grains counts as • ½ cup cooked rice, noodles, or barley; or • ½ bao; or • 1¼ cups congee (rice porridge); or • 1 slice bread or 1 ounce steamed bread; or • 2 ounces dumpling dough (before filling); or • ½ cup cooked pasta or cereal.		
 7 ounce-equivalents 1 ounce of protein foods counts as • 1 ounce seafood, lean meats (including lean organ meats), or poultry; or • ¼ cup (about 2 ounces) tofu (bean curd); or • 1 egg; or • 1 Tbsp peanut butter or sesame paste; or • ¼ cup cooked beans, peas, or lentils; or • ½ ounce unsalted nuts or seeds (sesame).		
 3 cups 1 cup of dairy counts as • 1 cup fortified soy milk or yogurt; or • 1 cup lactose-free dairy milk or yogurt; or • 1 cup dairy milk or yogurt; or • 1½ ounces hard cheese.		



Limit:

- Added sugars to **less than 75 grams** a day.
- Saturated fat to **less than 33 grams** a day.
- Sodium to **less than 1,800 milligrams** a day.



Be active your way:

Children 6 to 17 years old should move **60 minutes** every day.

* This 3,000-calorie pattern is only an estimate of your needs. For more examples of foods in the food groups, visit [MyPlate.gov/food](https://www.myplate.gov/food) (only available in English).



健康飲食須知
MyPlate.gov

從 MyPlate Plan 開始

健康飲食的好處隨著時間的推移一點一點地累積起來。小變化很重要。
從 MyPlate 開始。

健康的飲食習慣在人生的每個階段都很重要，並且隨著時間的推移會產生正面的影響。吃各種水果、蔬菜、穀物、蛋白質食品以及乳製品或強化大豆替代品很重要。在決定吃什麼或喝什麼時，選擇富含營養的食物。每一口都要有價值。

9 至 13 歲每天 3,000 卡路里的食物組份量

水果	蔬菜	穀物	蛋白質	乳製品
2 ½ 杯	4 杯	10 盎司	7 盎司	3 杯
專注於完整水果 專注於新鮮、乾燥、冷凍或罐裝的完整水果。	豐富您的蔬菜種類 選擇各種色彩繽紛的新鮮、冷凍和罐裝蔬菜 - 確保包括深綠色、紅色和橙色的選擇。	選擇半份穀物 全穀物 透過閱讀營養成分標籤和成分清單來尋找全麥食物。	豐富您的日常蛋白質吸收 混合蛋白質食物，包括海鮮；豆腐及其他豆製品；蛋；豆類、豌豆和扁豆；無鹽堅果和種子類產品；以及瘦肉和家禽肉。	轉向低脂或脫脂牛奶或優酪乳（或無乳糖乳製品或增強營養的大豆版本） 想辦法在全天的正餐和零食中加入乳製品或增強營養大豆替代品。
限制 選擇添加糖、飽和脂肪和鈉較少的食物和飲料。限制： - 每天添加糖少於 75 克。 - 每天飽和脂肪低於 33 克。 - 每天鈉低於 1,800 毫克。			活動 以您的方式活動起來： 6 至 17 歲的孩子每天應該要活動 60 分鐘。	

MyPlate 計劃

寫下您今天吃過的食物，並記錄您從一口一口地吃出的小變化。

一般來說，3,000 卡路里*模式的食物組別目標是：		食物選擇	限制 限制： - 每天添加糖少於 75 克。 - 每天飽和脂肪低於 33 克。 - 每天鈉低於 1,800 毫克。 活動 以您的方式活動起來： 6 至 17 歲的孩子每天應該要活動 60 分鐘。
水果 2 ½ 杯 1 杯水果相當於 1 杯生水果或熟水果；或者 ½ 杯水果乾；或者 1 杯 100% 水果汁。	蔬菜 4 杯 1 杯 蔬菜相當於 1 杯熟蔬菜或生蔬菜；或者 2 杯生綠葉蔬菜或 1 杯熟綠葉蔬菜；或者 1 杯脫水蔬菜；或者 1 杯根莖類蔬菜；或者 1 杯 100% 蔬菜汁。		
穀物 10 盎司當量 1 盎司穀物計為 ½ 杯煮熟的米、麵條或大麥；或者 ½ 包；或者 1 ¼ 杯粥（米粥）；或者 1 片麵包或 1 盎司饅頭；或者 2 盎司餃子麵團（包餡前）；或者 ½ 杯煮熟的義大利麵或麥片。	蛋白質 7 盎司當量 1 盎司蛋白質食物相當於 1 盎司海鮮、瘦肉（包括動物內臟）或家禽；或者 ¼ 杯（約 2 盎司）豆腐；或者 1 個雞蛋；或者 1 湯匙花生醬或芝麻醬；或者 ¼ 杯煮熟的豆、豌豆或扁豆；或者 ½ 盎司無鹽堅果或種子（芝麻）。		
乳製品 3 杯 1 杯乳製品相當於 1 杯增強營養的豆奶或優酪乳；或者 1 杯無乳糖牛奶或優酪乳；或者 1 杯牛奶或優酪乳；或者 1 ½ 盎司硬質起司。			

*這個 3,000 卡路里的模式只是對您需求的估計。
有關食物種類中食物的更多例子，請瀏覽 [MyPlate.gov/food](https://www.MyPlate.gov/food)（僅提供英文版本）。