

Choose MyPlate

CYFAR **Resource**

Focus on making healthy food and beverage choices from all five food groups including fruits, vegetables, grains, protein foods, and dairy to get the nutrients you need. Eat the right amount of calories for you based on your age, sex, height, weight, and physical activity level.

Common Measure:

[Nutrition](#) [1]

Media or doc type(s) included with this resource:

[Website](#) [2]

Year published or updated:

2017

Author(s), Presenter(s):

USDA

Outcome Age Category:

[Parent/Family](#) [3]

Core Competencies:

[Program Design](#) [4]

[Program Implementation](#) [5]

Source URL: <https://cyfar.org/resource/choose-myplate>

Links

[1] <https://cyfar.org/resource-common-measures/nutrition>

[2] <https://cyfar.org/resource-medium/website>

[3] <https://cyfar.org/resource-outcome-age-categories/parentfamily>

[4] <https://cyfar.org/resource-core-competencies/program-design>

[5] <https://cyfar.org/resource-core-competencies/program-implementation>