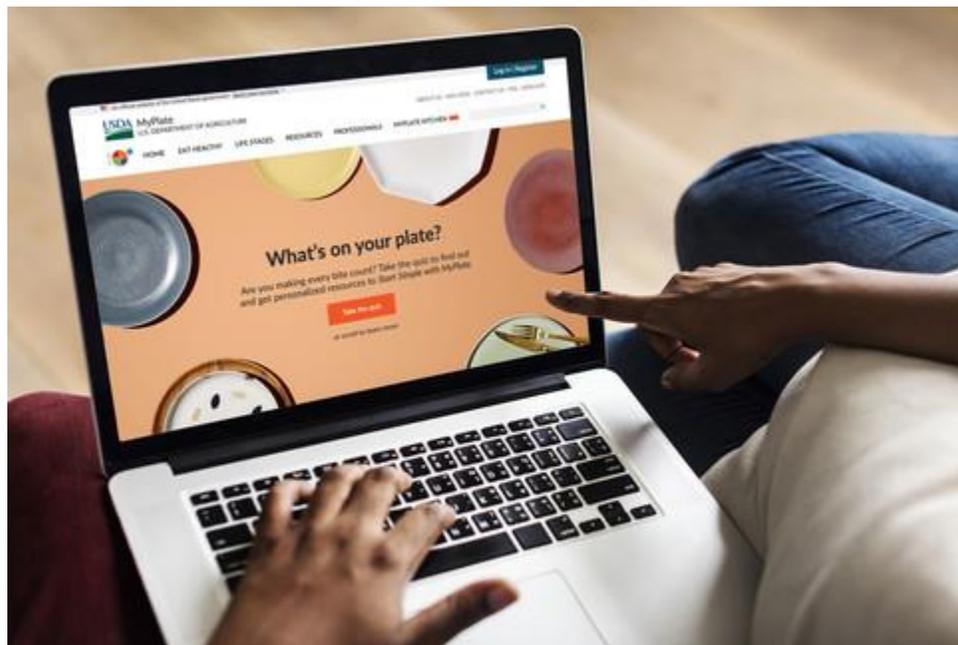


Start simple
with MyPlate



New MyPlate Website and Resources Available Today!

Did you hear? The USDA and HHS just released the new *Dietary Guidelines for Americans, 2020-2025* – our nation's leading nutrition advice to help all Americans lead healthier lives.

MyPlate is here to help you and your family put the *Dietary Guidelines* into action with new digital tools and resources available starting today! *Start*

Simple with MyPlate offers free, personalized resources based on your eating needs and habits.

Follow these simple steps and get started with these MyPlate resources:

1. *Find your starting point:* **Take the quick [MyPlate Quiz](#)** to see how your eating habits stack up against the MyPlate recommendations. Based on your answers you'll receive tailored resources and a personal quiz results code to sync with the *Start Simple with MyPlate* app.
2. *Set simple goals based on your personal needs:* **Use the [Start Simple with MyPlate app](#)** to help you set daily meal- and snack-based goals to help you eat healthier. Sync your results from the MyPlate Quiz for a personalized experience. Join challenges, see progress, and earn badges to celebrate successes.
3. *Learn how much you should eat:* To find out what and how much to eat from each of the food groups, **get your own personalized [MyPlate Plan](#)**.
4. *Put your plan into action:* **Discover recipes on [MyPlate Kitchen](#)**. Check out hundreds of healthy, budget-friendly recipes that provide detailed nutrition and food group information to help you choose recipes that fit your needs.
5. *Save money and eat healthy:* **Use [Healthy Eating on a Budget](#)** to help you save money at the store by making a shopping plan, shopping smart, and preparing healthy meals to stretch food dollars.
6. *Keep up the good work!* One big change is that we've officially changed our website from ChooseMyPlate.gov to MyPlate.gov. **Explore [MyPlate's new website](#)** – MyPlate.gov with streamlined information for you to find tips, tools, and recipes that will fit your healthy eating needs.

The benefits of healthy eating add up over time, bite by bite. Small changes matter. [**Start Simple with MyPlate.**](#)

Get Started

Questions?
[Contact Us](#)

Stay Connected:

