



## Analyze My Plate

**Note: this document contains the text from Recipe Remix, a Flash activity available at [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)**

Use this tool to examine what you eat. Learn how to create healthy plates and add a variety of colorful fruits and vegetables to your meals.

**When using this tool, keep in mind:**

- Every person’s needs for fruits, vegetables, calories and fat are different and depend on age, sex and activity level.
- This tool addresses breakfast, lunch and dinner only. Additional meals, snacks and beverages add calories, fat and other nutrients to your day.
- For more information on your personal calorie needs, please visit [www.mypyramid.gov](http://www.mypyramid.gov).

### Breakfast Feedback

If...	Then... (Feedback Given)
<b>Fruit</b>	
Meal contains at least 0.5 cup fruit	Your breakfast includes at least 1/2 cup of fruit. Sweet and juicy fruit is a refreshing way to start every day.
Meal contains between 0.1 and 0.4 cup fruit.	Your breakfast includes some fruit, but adding more will start your day in a healthier way. Fruit is packed with powerful nutrients.
Meal contains 0 cups fruit	Your breakfast does not include fruit. Jumpstart each day with fresh, canned, or dried fruit.
<b>Vegetables</b>	
Meal contains any amount of vegetables	Your breakfast contains some vegetables. Vegetables are a healthy and delicious choice, especially for breakfast.
Meal contains no vegetables	Your breakfast does not include vegetables. Add zest to your breakfast with colorful vegetables.

### Additional Breakfast Feedback

If...	Then... (Feedback Generated)
(1) Meal contains between 0 and 0.4 cups from fruit group.	Try squeezing fruit into your morning ritual. Add fresh, frozen, dried, or canned fruits to your cereal, oatmeal, pancakes, or waffles.
(2) Meal contains 0 cups vegetables	Think outside the breakfast box! Top bagels or toast with fresh vegetable slices. Add chopped vegetables to eggs and omelets.
(3) Meal contains more than 700 calories. (More than 35% of daily calories based on a 2000 calorie eating plan)	Wake up to a hearty breakfast but don't put all of your eggs in one basket. Spread your calories over the course of the day. Replace some calorie-dense foods in this meal with wholesome low-calorie fruits and vegetables. They'll give you energy without an excess of calories or fat.
(4) Meal contains more than 7 grams saturated fat.	Fat plays an important role in your body, but eating a large amount of saturated fat can be harmful to your health. Reduce your intake of high-fat meats, full-fat dairy products, and other fats from animal sources (such as butter) to reduce saturated fat.
(5) Meal contains over 1000 mg sodium.	Lower your sodium to keep your heart healthy. Eat fewer highly-processed foods, such as certain cold cuts, and breakfast meats (such as pork bacon and ham) to reduce sodium.
(6) Meal contains no whole grains	Make half your grains whole! At breakfast, switch white or sourdough toast for whole wheat or grab a quick bowl of oatmeal. Read the labels carefully. When shopping, look for products that carry a whole grain stamp from the <i>Whole Grain Council</i> to identify good sources of whole grains.
(7) Meal contains bacon or sausage.	Know that certain meats contain a high amount of fat and calories. Choose Canadian bacon or turkey sausage instead of high-fat bacon or pork sausage to start your day in a heart-healthy way.
(8) Meal contains full fat extras such as cream cheese, mayonnaise, and salad	Make small changes to reduce fat and calories. Use low-fat condiments and

dressing.	toppings to reduce fat and save the flavor.
(9) Meal contains fruit juice and 0 cups whole fruit.	Remember that some fruit juices may contain little fruit and very little fiber. Drink 100% fruit juice only once each day. Choose whole fruit more often.
(10) Meal contains between 0 and 0.4 cups from milk group.	Aim for 3 cups of fat-free or low-fat milk or milk products each day. Whip up a smoothie, add low-fat milk to your coffee, or grab a yogurt as a side.

### Lunch Feedback

If...(Text not seen by user)	Then...(Feedback Generated)
<b>Fruit</b>	
Meal contains at least 0.5 cup fruit.	Your lunch includes at least ½ cup of fruit. With hundreds of fruits to choose from, savor a new flavor every day.
Meal contains between 0.1 and 0.4 cup fruit.	Your lunch includes some fruit, but adding more is the healthy way to go. Pack or pick up fruit for lunch. It's nature's fast food!
Meal contains no fruit	Your lunch does not include fruit. Carbohydrate-rich fruits can give you energy when you need it. Refuel with fruit every day.
<b>Vegetables</b>	
Meal contains at least 1.0 cup vegetables	Your lunch includes at least 1 cup of vegetables. Eat all the colors of the rainbow to get a powerful punch of essential vitamins and minerals.
Meal contains between 0.1 and 0.9 cups vegetables.	Your lunch includes some vegetables, but eating more can give you a boost of energy and fuel your busy day.
Meal contains 0 cups vegetables	Your lunch does not include vegetables. Ordering lunch out or browning-bagging with vegetables is easier than you may think!

### Additional Lunch Feedback

If...	Then... (Feedback Generated)
(1) Meal contains between 0 and 0.9 cups vegetables	At lunch, add lettuce, tomato and sprouts to your sandwich, grab a side salad, or order vegetable soup. Think about bean burritos, veggie burgers, hummus, and low-fat chili.
(2) Meal contains between 0 and 0.4 cups from fruit group.	At lunch, nibble on some grapes, grab a piece of whole fruit, or top yogurt with fresh berries for a sweet dessert. Perk up deli salads like coleslaw, chicken or tuna with apple slices, pineapple chunks, or raisins.
(3) Meal contains more than 700 calories. (More than 35% of daily calories based on a 2000 calorie eating plan)	Keep your energy going with fruits and vegetables, in place of some higher calorie choices. Most fruits and vegetables have no cholesterol and are naturally low in fat and calories.

(4) Meal contains more than 7 grams saturated fat.	Some fat is good for your body, but eating a large amount of saturated fat can be risky. Eat fewer high-fat meats, full-fat dairy products, and other fats from animal sources (such as butter) to reduce saturated fat.
(5) Meal contains over 1000 mg sodium	Lower your sodium to make your heart happy. Limit or avoid highly- processed foods such as lunch meats and hot dogs. Always read the labels on canned, frozen, and other pre-packaged foods.
(6) Meal contains salad dressing, cream cheese, mayonnaise, sour cream, or peanut butter. (That are not low-fat or fat-free versions)	Watch for hidden fats and make some easy changes to lower fat without losing flavor. Use plain yogurt instead of sour cream, olive oil and vinegar instead of creamy salad dressings, and mustard instead of mayonnaise.
(7) Meal contains French fries, potato chips.	French fries and potato chips can be very high in fat and calories. Make a different choice. Many restaurants offer healthier alternatives.
(8) Meal contains no dark green or orange vegetables.	Wake up your taste buds with dark green and orange vegetables such as spinach, carrots, and broccoli slaw. Expand your palette into all the colors of the rainbow and reap the vitamin and mineral benefits.
(9) Meal contains between 0 and 0.4 cups from milk group.	Almost everyone should have 3 cups from the dairy group each day. Add low-fat or fat-free yogurt, cheese, or cottage cheese to your lunch to meet this recommendation.
(10) Meal contains fruit juice and no whole fruit choices.	Some fruit juices may contain little or no fruit or fiber. Choose 100% fruit juice, when drinking juice. And one ½ cup serving is all you need in a day.
(11)Meal contains soda.	Soda has very little nutritional value and regular soda can add a large amount of calories to your day. Replace soda with low-fat or fat-free milk – or just plain water.
(12)Meal contains no whole grains	Give your diet a boost of whole grains and fiber! At lunch, make sandwiches with whole grain bread or enjoy a burrito on a whole wheat or corn tortilla. Read the labels carefully, look for a whole grain as the first ingredient.

<p>(13) Meal contains only one color of fruits and vegetables.</p>	<p>Expand your horizons with a colorful variety of fruits and vegetables -- green, red, orange, blue, purple, white, and yellow. The colors will add key vitamins and minerals to your meal, especially dark green, orange, and deep yellow fruits and vegetables.</p>
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### Dinner Feedback

If...(Text not seen by user)	Then...(Feedback Generated)
<b>Fruit</b>	
Meal contains at least 0.5 cup fruit.	Your dinner includes at least ½ cup of fruit. Add a fresh fruit for dessert. ( <i>note: please remove “icing on the cake”</i> )
Meal contains between 0.1 and 0.4 cup fruit.	Your dinner includes some fruit, but why not have more? Think creatively and add fresh, canned, frozen, or dried fruit to meat dishes, green salads, couscous, and rice
Meal contains no fruit	Your dinner does not include fruit. Why not satisfy your sweet tooth with this low-calorie treat? ( <i>note: please remove “Fruit is nature’s candy.”</i> )
<b>Vegetables</b>	
Meal contains at least 1.0 cup vegetables	Your dinner includes at least 1 cup of vegetables. Vary the types and colors every day for the most benefit.
Meal contains between 0.1 and 0.9 cups vegetables.	Your dinner includes a small amount of vegetables. Try new varieties or make substitutions to old favorites. ( <i>note: please remove “You can add even more without feeling guilty.”</i> )
Meal contains 0 cups vegetables	Your dinner includes no vegetables. It can be fast and easy to add a variety of colorful vegetables to pastas, casseroles, soups, and salads.

### Additional Dinner Feedback

If...	Then... (Feedback Generated)
(1) Meal contains between 0 and 0.9 cups vegetables	At dinner, give crunch and color to pasta, rice or couscous by adding bell pepper strips, broccoli florets, zucchini slices, or carrots. A mixed green or spinach salad is always a smart addition – with a low-fat dressing of course!
(2) Meal contains between 0 and 0.4 cups from fruit group.	At dinner, use fruit as a garnish on main dishes, make zesty fruit salsas, and serve fruit such as frozen grapes or bananas for dessert. Any type of fruit makes a great dessert.
(3) Meal contains more than 700 calories.	Distribute your calories throughout your

(More than 35% of daily calories based on a 2000 calorie eating plan)	day to help keep you energized and satisfied. At this meal, try choosing lower calorie options like fruits and vegetables to replace higher calorie items. Most whole fruits and vegetables are good, low-calorie choices.
(4) Meal contains more than 7 grams saturated fat.	Choose your fats wisely. Saturated fat can be harmful to your health. Reduce your intake of high-fat meats, full-fat dairy products, and other fats from animal sources (such as butter) to reduce saturated fat.
(5) Meal contains over 1000 mg sodium	Lower your sodium to keep your blood pressure in check. Choose low-sodium soy sauces and marinades. Always read the labels on pre-packaged meals and other pre-made foods such as sauces, soups, and salad dressings.
(6) Meal contains salad dressing, cream cheese, mayonnaise, or sour cream. (That are not low-fat or fat-free versions)	Fat in foods can sneak up on you. Read labels and substitute lower-fat items often. Use plain yogurt instead of sour cream, olive oil and vinegar instead of creamy salad dressings, and mustard instead of mayonnaise.
(7) Meal contains French fries, potato chips.	French fries and potato chips can be very high in fat and calories. Try oven-roasted potatoes for a similar taste with much less fat. Colorful sweet potatoes have even more nutrients.
(8) Meal contains no dark green or orange vegetables.	Get a big bang for your buck with dark green and orange vegetables such as greens, acorn squash, and asparagus. And don't forget the other color groups – red, blue/purple, and white.
(9) Meal contains between 0 and 0.4 cups from milk group.	Almost everyone should have 3 cups from the milk group each day. Drink low-fat or fat-free milk with your dinner instead of soda.
(10) Meal contains fruit juice and no whole fruit choices.	Some fruit juices may contain little or no fruit and very little fiber. Choose 100% fruit juice. One ½ cup serving is all you need in a day. If you've had your juice for the day, have whole fruit instead.
(11) Meal contains soda.	Swap soda for low-fat or fat-free milk. Regular soda adds calories, but very few nutrients. And there's always water!



<p>(12)Meal contains no whole grains</p>	<p>The are many benefits of whole grains, so take advantage. At dinner, try brown or wild rice as a side or enjoy whole wheat pasta. Read the labels carefully and look for items with 100% whole wheat as the first ingredient. Eating whole grains helps you to feel full.</p>
<p>(13) Meal contains only one color of fruits and vegetables.</p>	<p>Add spice to your life with a colorful variety of fruits and vegetables. The choices are never-ending.</p>