

Extension Professionals Can Help Make MyPlate A Household Name

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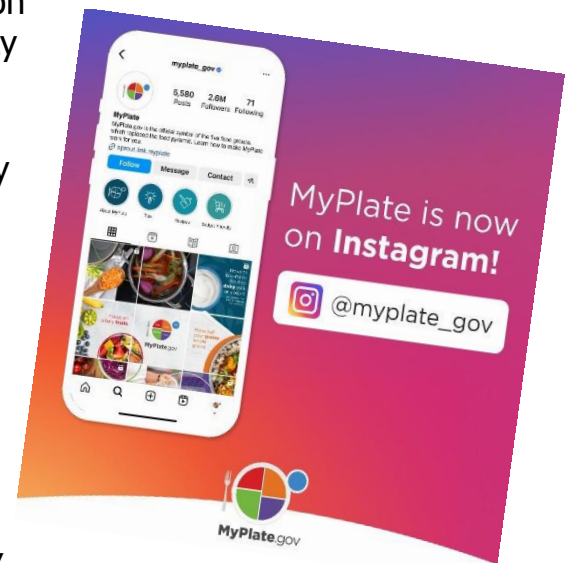
Streaming entertainment services. Social media. Smartphones and smart homes. Society today is more diverse and dynamic than ever, and not surprisingly, many elements of our daily lives—even the foods we eat—are customizable for our personal preferences, budgets, and dietary needs. MyPlate offers customizable resources and tools to fit your lifestyle and preferences without sacrificing traditions and favorite family recipes.



It's the simple way to make healthy eating choices at every stage of life, from infancy to older adulthood. The MyPlate symbol colorfully represents the concept of healthy eating patterns as a memorable snapshot that even children can understand.

[MyPlate.gov](https://www.myplate.gov) has a variety of free resources and online tools for extension professionals to help people learn to eat better, one bite at a time.

- The [MyPlate Plan](#) is personalized based on your age, sex, height, weight, and activity level.
- The [Shop Simple tool](#) offers tips for shopping every aisle at your local grocery store for cost savings, plus new ways of preparing budget-friendly foods.
- The [Start Simple mobile app](#) lets you set daily food goals and track your real-time progress.
- [MyPlate Quiz](#) offers personalized resources based on your quiz results.
- [MyPlate on Alexa](#) gives you healthy eating tips on your Amazon Alexa device, smartphone, or tablet using the app.
- There's also [MyPlate Kitchen](#), with more than 1,000 healthy recipes.



Follow MyPlate on [Instagram](#) or [Facebook](#), and share your MyPlate wins by posting to social media and tagging us using #whatsonmyplate.