


# Hey MyPlate user, Check out your personalized results below




## MYPLATE RECOMMENDATIONS

All five food groups as a whole are important for your health, now and in the future.


Based on your answers, you may need some help in the **Fruit, Vegetable and Dairy** groups.



**Fruits**



**Vegetables**



**Dairy**

[Log in](#) to save your results. Not registered? [Create an account.](#)

Start simple with these tips personalized for you:

FOCUS ON WHOLE FRUITS



Keep fresh fruit rinsed and where you can see it. Reach for a piece when you need a snack.

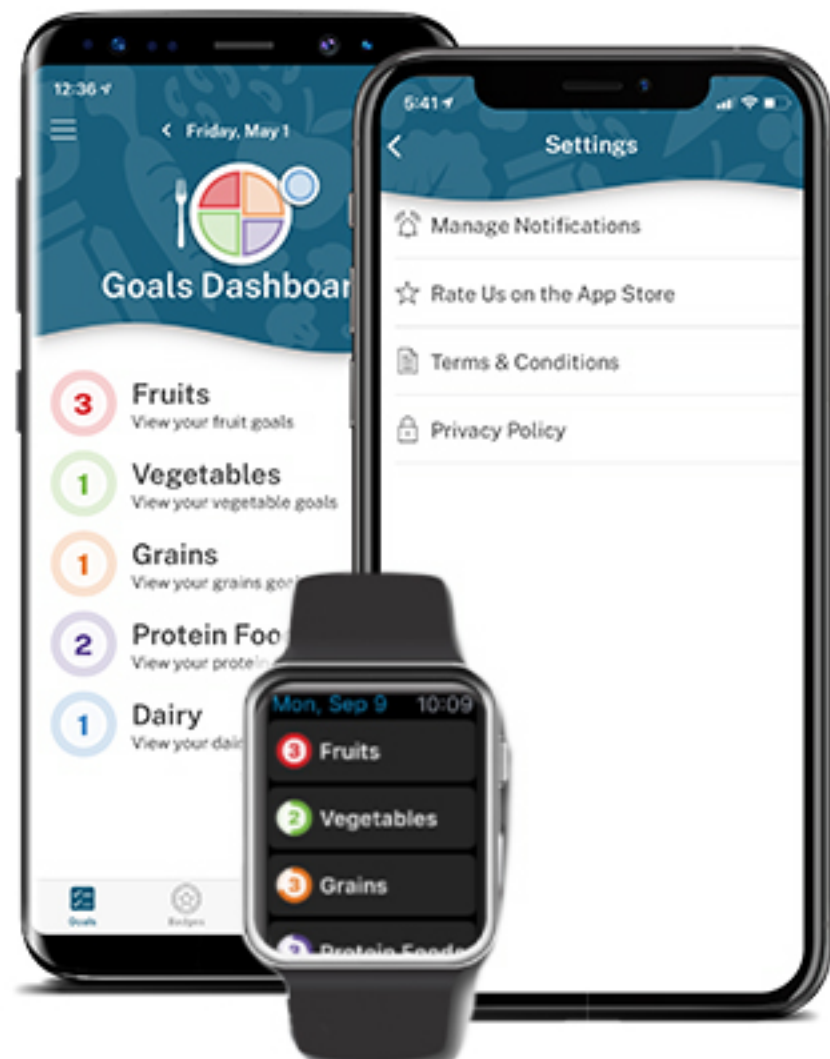
## START SIMPLE WITH MYPLATE APP

The simple changes you make today can have benefits now and help establish healthy habits for the future.

**Start simple today!** Download the Start Simple with MyPlate app to set daily **Fruit, Vegetable, and Dairy** food group goals.

- Download the Start Simple with MyPlate app on your iPhone or Android mobile device.
 



- Navigate to settings within the app menu options and select the option "Enter Custom Code."
- Enter this 6 digit code XXXXXX to sync your custom results with the Start Simple app.



## Food group tipsheets

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**Fruit Tipsheet**  
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**Vegetable Tipsheet**  
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**Dairy Tipsheet**  
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## Healthy habits tipsheets

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**Habits Tipsheet**  
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## Ready to take it a step further?

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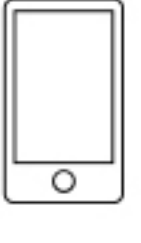
**MyPlate Kitchen**  
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**MyPlate Plan**  
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**Start Simple App**  
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Information is based on the 2020-2025 Dietary Guidelines for Americans

Please always consult your doctor to make sure these changes work for you based on any conditions or dietary restrictions you may have.

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