

[Dietary Guidelines for Americans 2020-2025:](#) [Consumer Resources](#)

Dietary Guidelines for Americans, 2020-2025

Consumer Brochure

Healthy eating is important at every stage of life. The *Start Simple with MyPlate today* brochure helps you to make every bite count with simple tips that set you on a path to healthy eating. The benefits of healthy eating add up over time, bite by bite.

Spanish Version Coming Soon.

[English \(Color\)](#) [English \(Black & White\)](#)

More inspiration and ideas to Start Simple with MyPlate that Americans can easily incorporate into their busy lives to help improve overall health and well-being over time can be found on [MyPlate.gov](https://www.MyPlate.gov). Starting simple can lead to realistic and positive lifestyle changes to achieve a longer and healthier life.

Eating Healthy on a Budget

Looking for ways to eat healthy on budget? MyPlate.gov offers tips and advice to help you get the most out of your food dollars. The Health Eating on a Budget resource can help you create a grocery game plan, shop smart, and prepare healthy meals at home.

[Learn About Eating Healthy on a Budget](#)

MyPlate Plan

Not sure where to get started on your path to healthy eating? The MyPlate Plan gives you your personal food group targets – what and how much to eat within your calorie allowance. Your food plan will be personalized to you, based on your age,

sex, height, weight, and physical activity level.

[Get Your MyPlate Plan](#)

More Information

healthfinder.gov -- Get tips on how to eat healthy on a budget, plan ahead to save time, and eat healthy away from home.

[Nutrition Education](#) -- Explore materials about menu labeling and the Nutrition Facts label.

[Smart Simple with MyPlate App](#) -- Meet healthy eating goals one at a time! use this easy-to-use app to get started.

[Foodsafety.gov](http://foodsafety.gov) Learn more about how to keep food safe to eat.

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<https://www.dietaryguidelines.gov>

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