Using the Nutrition Facts Label and MyPlate to Make Healthier Choices

The Nutrition Facts label makes it easier for you to make informed food choices that contribute to lifelong healthy eating habits. Using the Nutrition Facts label together with MyPlate can help you be healthier now and in the future. After all, what you eat and drink over time matters.
Create a Healthier Eating Style With MyPlate

MyPlate is a reminder to find your healthy eating style and build it throughout your lifetime. MyPlate offers ideas and tips to help you create an eating style that meets your individual needs and can improve your health. MyPlate offers recipes, tips for eating healthy on a budget and many other helpful resources.

Find Out How Many Calories You Need and Your Food Group Targets With the MyPlate Plan

The MyPlate Plan is a personalized food plan based on your age, sex, height, weight, and physical activity level. It helps you figure out how many calories you need each day and shows you food group targets—what and how much to eat within your calorie allowance. Get your MyPlate Plan at https://www.myplate.gov/myplate-plan (also available in Spanish).

Use the MyPlate Plan and the Nutrition Facts Label Together

Now that you have your MyPlate Plan, aim to meet your MyPlate food group goals for vegetables, fruits, grains, protein foods, and dairy. You can use the Nutrition Facts label to monitor calories and nutrients in packaged foods and drinks and more often choose items higher in dietary fiber, vitamin D, calcium, iron, and potassium and lower in saturated fat, sodium, and added sugars.

Learn more about the Nutrition Facts label at: www.FDA.gov/NutritionFactsLabel