

# **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](#) Learn more about how to keep food safe to eat.

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<https://www.dietaryguidelines.gov>

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