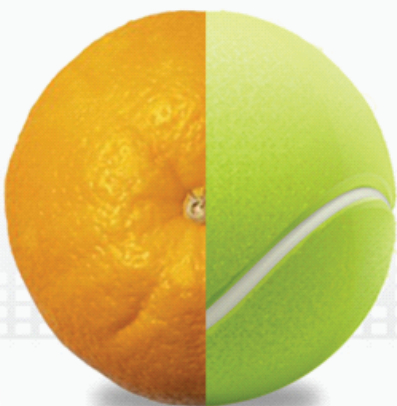


Coming Soon!

From USDA's Center for Nutrition Policy and Promotion

A New Interactive Tool...

- Get your personalized nutrition and physical activity plan.
- Track your foods and physical activities to see how they stack up.
- Get tips and support to help you make healthier choices and plan ahead.



GET READY...

*Tracker and Planner will be making way for the **NEW TOOL** in town—
It will include all the same great features and much more!*



Food-a-Pedia

Look up nutrition info for over 8,000 foods and compare foods side-by-side.



My Weight Manager

Get weight management pointers; enter your weight and track progress over time.



Food Tracker

Track the foods you eat and compare to your nutrition targets.



My Top 5 Goals

Choose up to 5 personal goals; sign up for tips and support from your virtual coach.



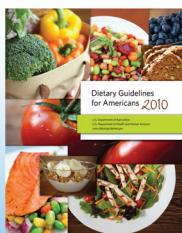
Physical Activity Tracker

Enter your activities and track progress as you move.



My Reports

Use reports to see how you are meeting goals and view your trends over time.



Visit www.ChooseMyPlate.gov for updated information.

