



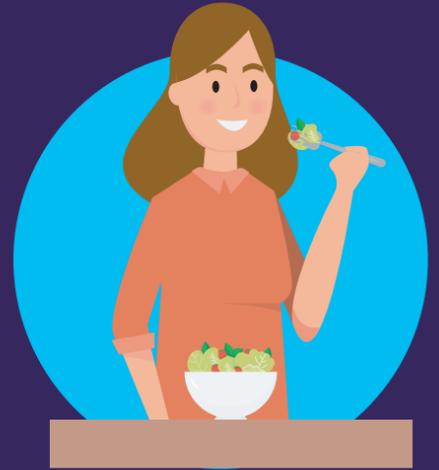
Stepping into the

# NEW YEAR

with MyPlate

## Step 1: Reflect & Take Action

Focus on where you are now and discover small changes you can make going forward. Take the [MyPlate Quiz](#) to see how your eating habits stack up against the MyPlate recommendations. For more information, make sure to check out all of the personalized resources on the quiz results page.



## Step 2: Start Simple

Take it one day at a time and focus on small changes you can accomplish now, and then slowly build on those to meet your long-term goals. The [Start Simple with MyPlate app](#) can help you set and track daily food group goals as you work on eating healthier. Don't forget to use your custom MyPlate code to personalize your food group goals.

## Step 3: Make a Plan for Home

Look for fun ways to eat at home more often. Theme-nights like homemade taco night can make things interesting and help make meal planning easier. Check out [MyPlate Kitchen](#) to discover over 1,000 healthy, budget-friendly recipes.



## Step 4: Make a Plan for Grocery Shopping

Now that you have a meal plan, you're ready to shop. The [Shop Simple with MyPlate tool](#) can help you save money while shopping for healthy food choices. Use this tool to find cost-saving opportunities in your local area and discover new ways to prepare budget-friendly foods.

## Step 5: Celebrate Success

As you build healthy habits and find ways to reach and keep your goals, make sure to celebrate your accomplishments along the way! And don't forget, MyPlate is here to help you! So, continue to visit [MyPlate.gov](#) for more information and resources to keep you eating healthy in the new year.

