



Dietary Guidelines Resources for 4-H Projects and Programs

In January 2026, the 10th edition of Dietary Guidelines for Americans was released. The updated guidelines feature a new visual icon that replaces the previous MyPlate graphic. Many of our foods and nutrition project books and programs include activities and resources related to MyPlate. Because MyPlate continues to be a helpful visual resource and supports the same components of healthy eating in the updated Dietary Guidelines, we encourage our staff and youth to keep using these resources. Many MyPlate links in our foods and nutrition projects are no longer available. To access basic MyPlate resources along with the updated Dietary Guidelines, see [MyPlate and Dietary Guidelines Resources](#).



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