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The Good Eating Plate is a food guide used in Mexico to promote a healthy and balanced diet. It is divided into three main food groups: 1. Vegetables and fruits: They are the base of the plate and it is recommended to consume at least 5 servings a day. They provide vitamins, minerals and fiber. 2. Cereals and tubers: They are the second layer of the plate and it is recommended to consume them with every meal. They include foods such as rice, corn, wheat, bread, tortillas, potatoes, among others. They provide energy and fiber. 3. Legumes and foods of animal origin: They are found in the third layer of the plate. They include foods such as beans, lentils, meat, chicken, fish, eggs and dairy. They provide protein, iron and other essential nutrients. In addition, it is recommended to moderate the consumption of foods high in sugars, saturated fats and sodium, such as processed foods and sugary drinks. The objective of the Good Eating Plate is to promote a balanced and varied diet, which includes all food groups and is appropriate to the individual needs of each person.