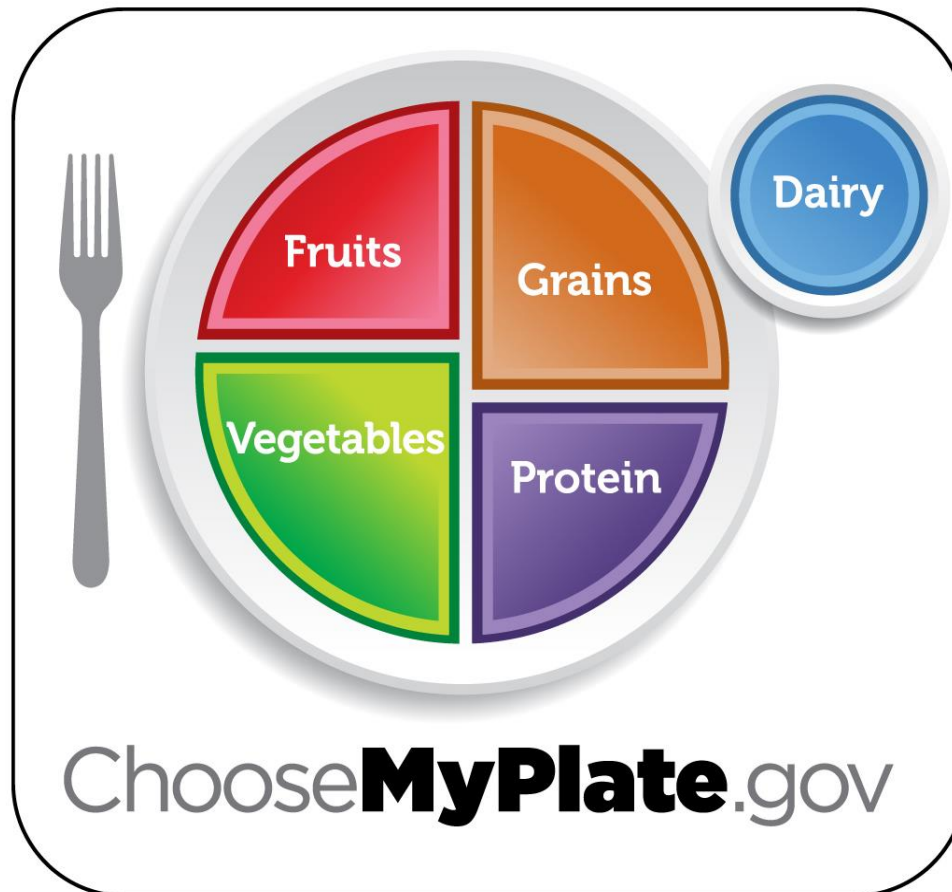


Choose **MyPlate.gov**

BY FELICIA BUSCH, MPH, RD, FADA



Build A Healthy Plate





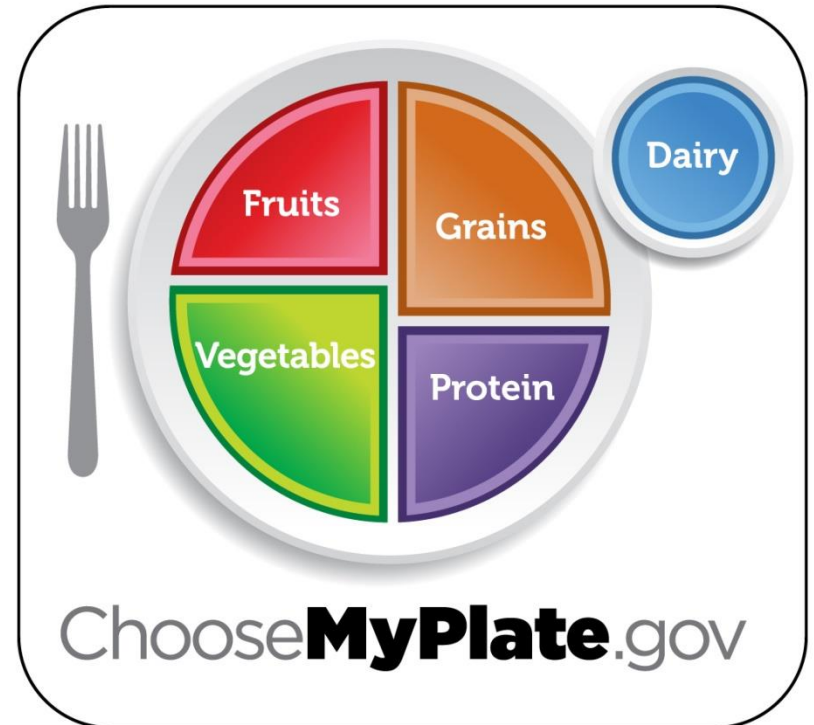
Changing Focus

Out with the old.



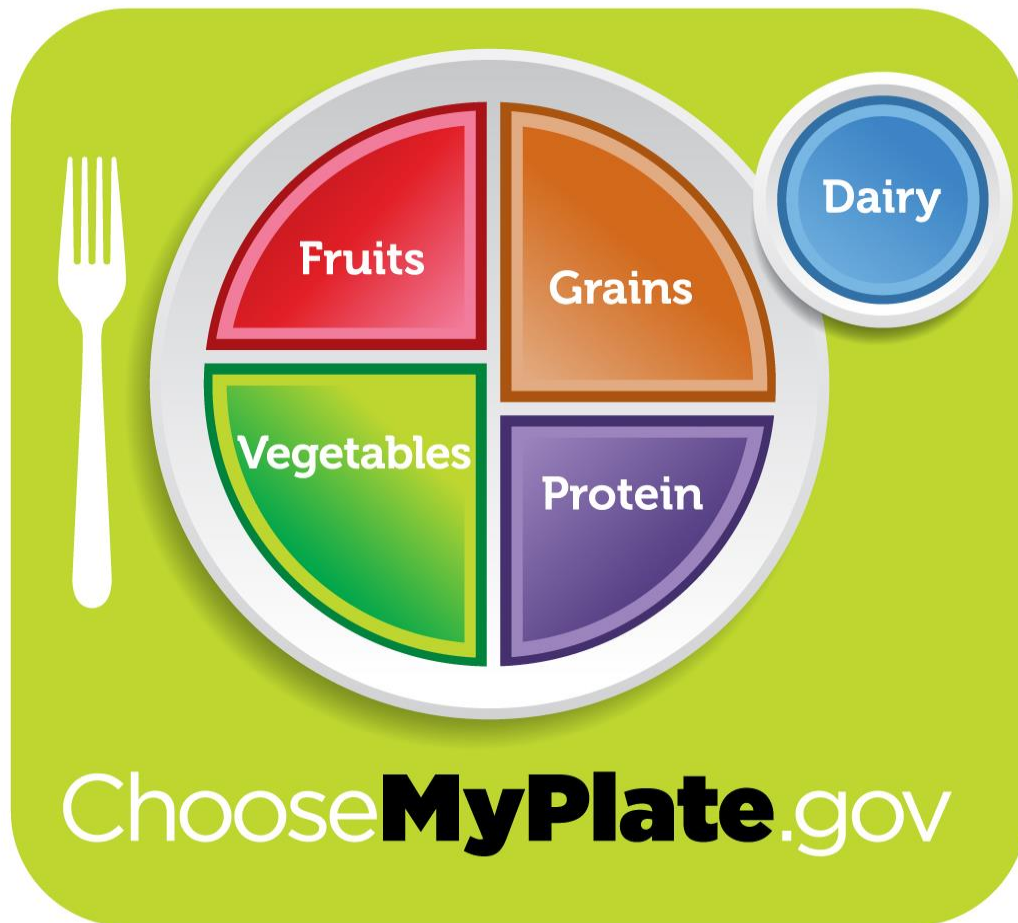
MyPyramid.gov
STEPS TO A HEALTHIER YOU

In with the new!



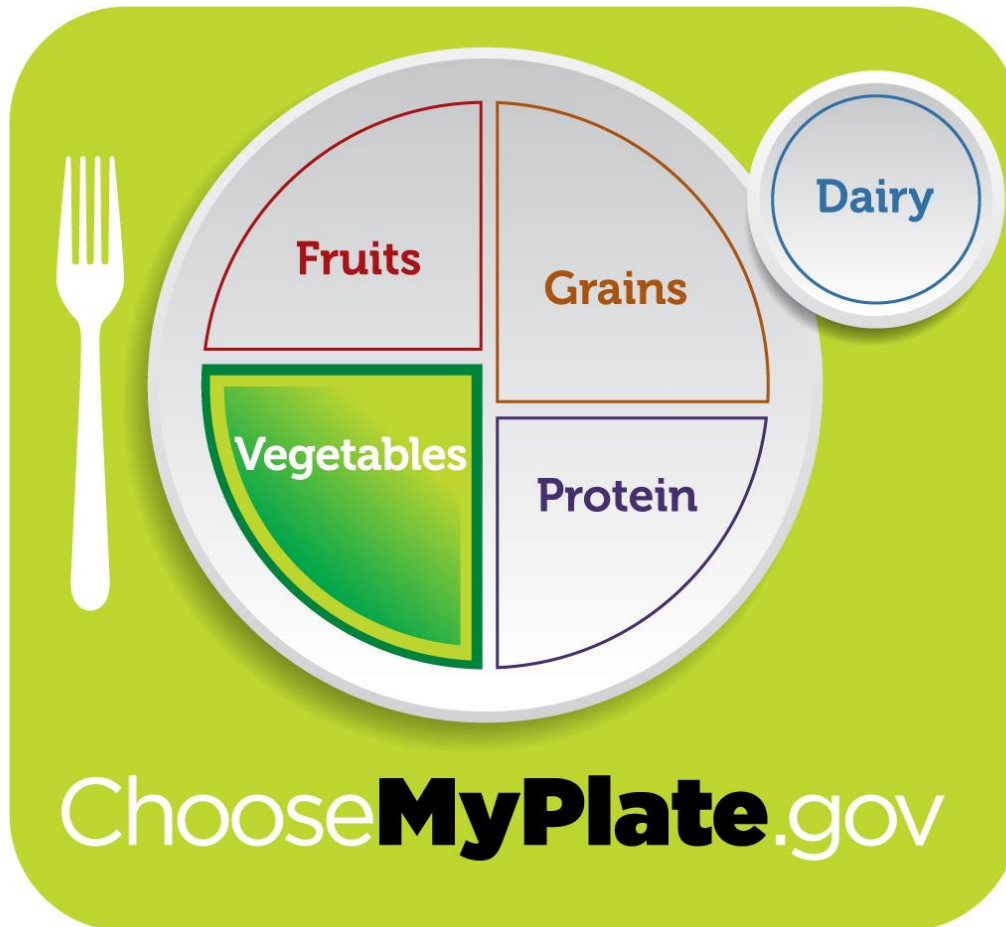


My Plate





Vegetable Group





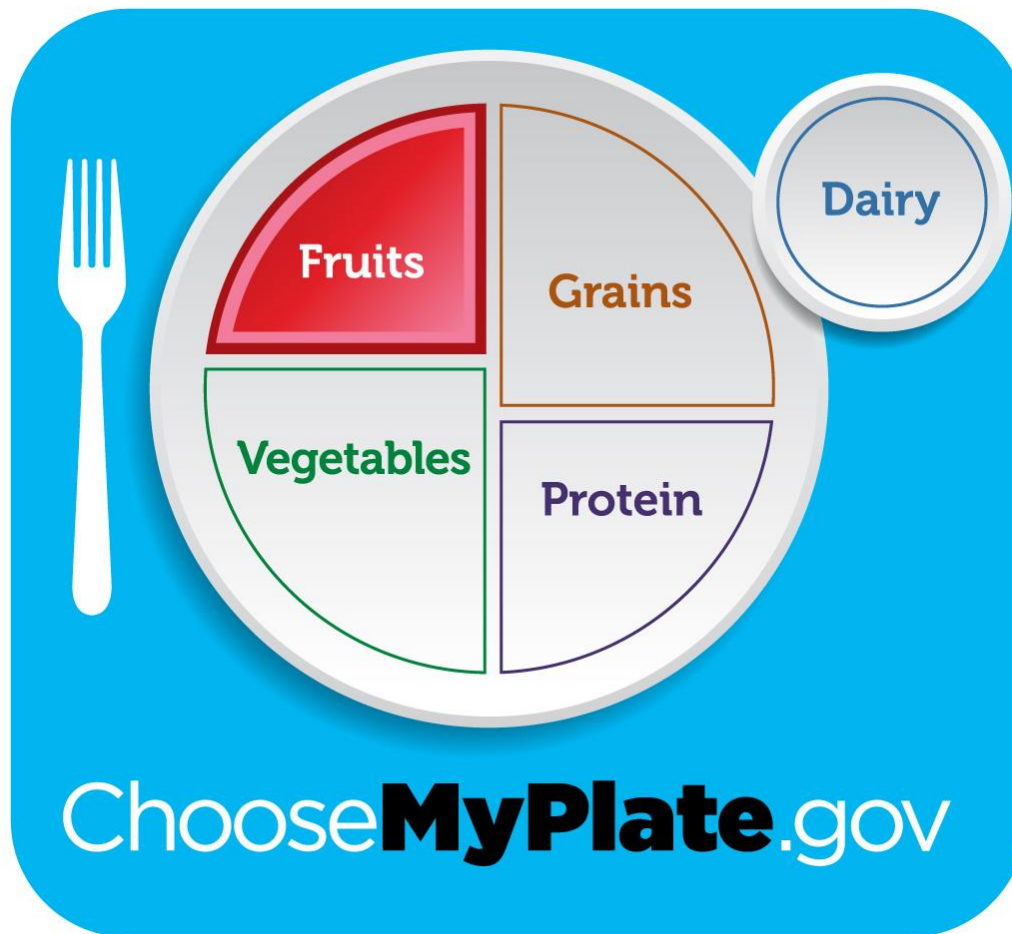
Vary Your Veggies

- 5 Subgroups
 - Dark green
 - Red and orange
 - Beans and peas
 - Starchy
 - Other





Fruit Group





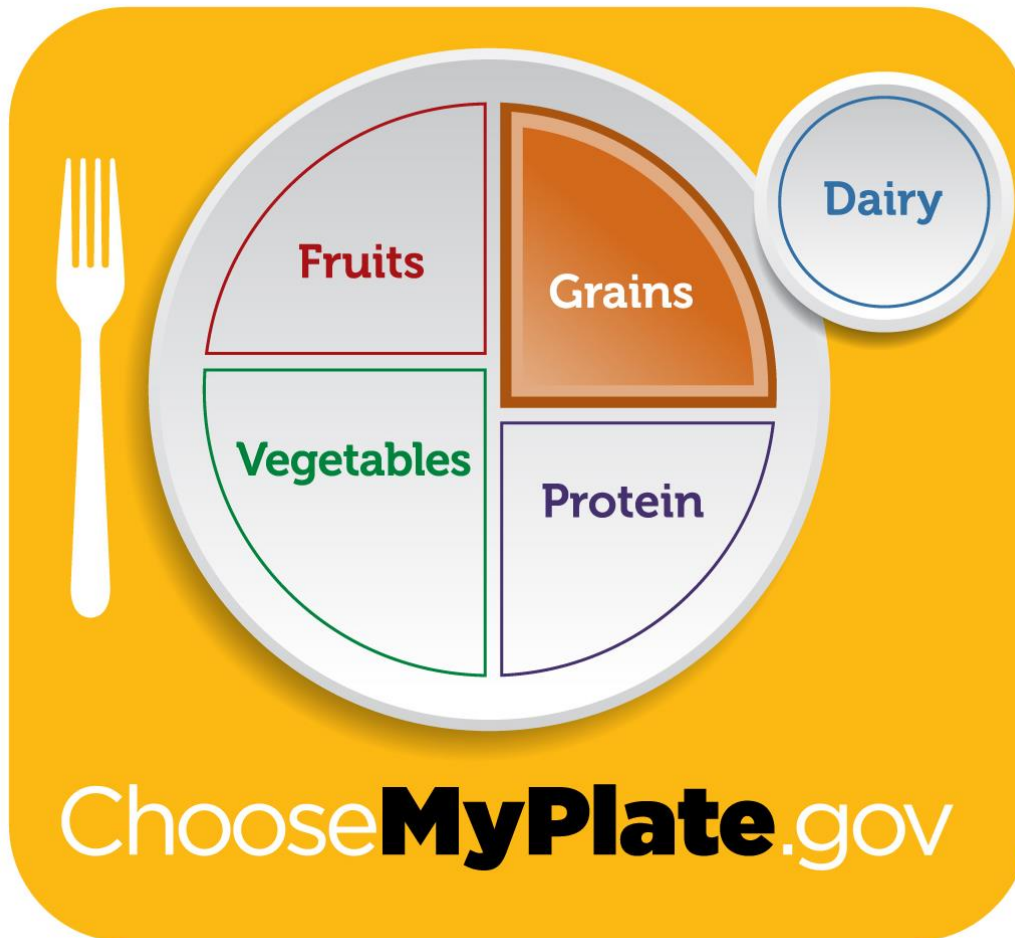
Focus on Fruits

- Fresh
- Frozen
- Canned
- Dried
- 100% fruit juice





Grains Group





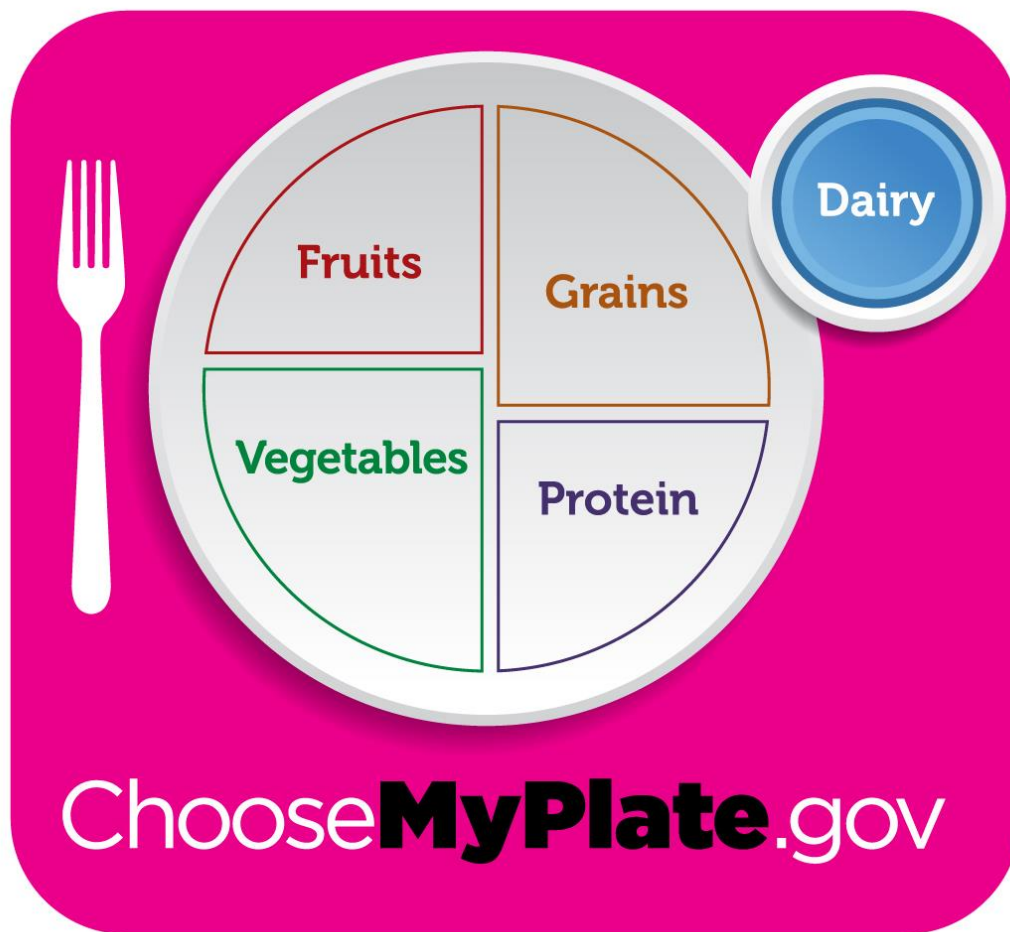
Make Half Your Grains Whole

- Whole grains contain the entire grain kernel
- Refined grains are missing the bran and germ





Dairy Group





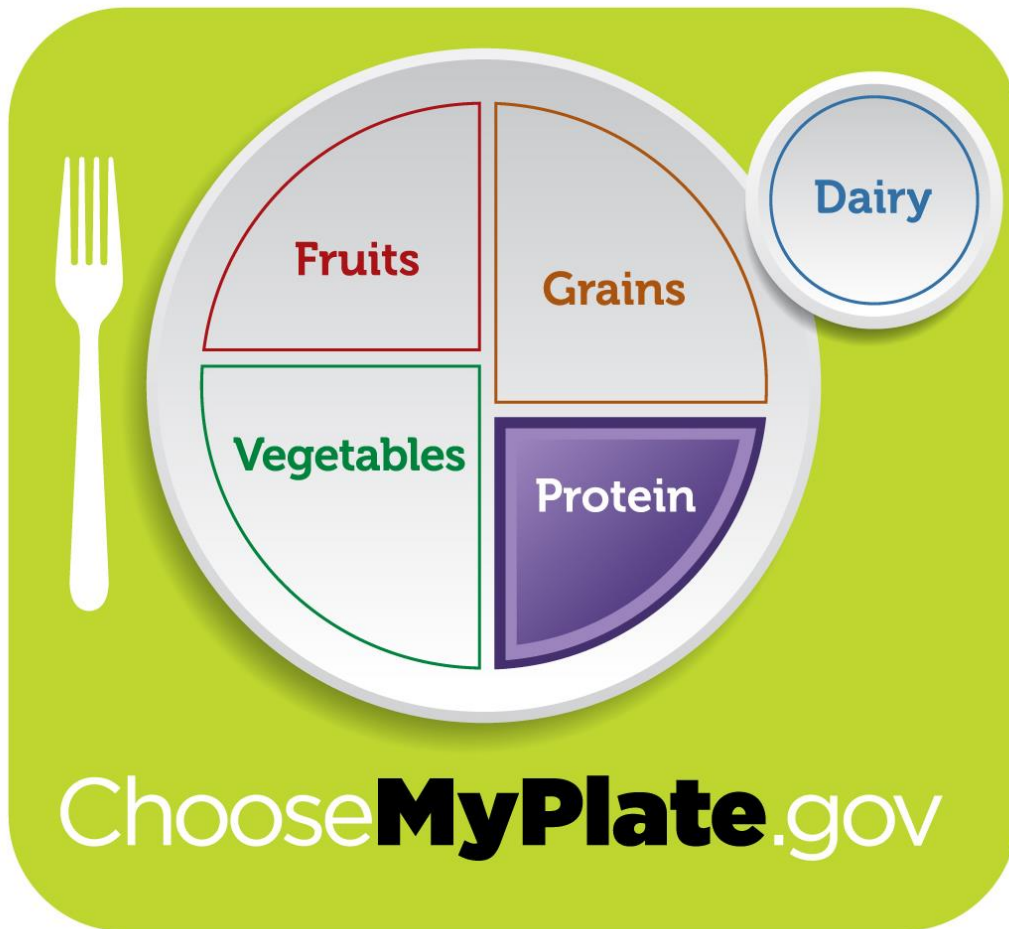
Get Calcium-Rich Foods

- Drink fat-free or low-fat (1%) milk
- Cream, butter and cream cheese not included in Dairy Group
- Calcium-fortified foods may not provide other nutrients found in dairy products





Protein Foods Group





Go Lean With Protein

- Vary your protein food choices
- Includes meat, poultry, seafood, beans and peas, soy foods, nuts and seeds
- Keep portions small and lean
- Watch sodium levels in processed meats





Water

- Drink water instead of sugary drinks
- Choose tap water over bottled
- Flavored or vitamin waters often have added sweeteners and artificial ingredients





Oils

- Not a food group
- Provide essential nutrients
- Includes oils, nuts, avocados, olives, some fish
- Also salad dressing and margarine without trans fat





Empty Calories

- Add calories to food but few or no nutrients
 - Solid fats
 - Added sugars
- Eat smaller amounts of empty calorie foods less often





Physical Activity

- Be active your way by choosing activities you enjoy
- How much is needed?
 - Children 6-17 should be active for at least an hour a day
 - Adults should aim for at least 2 ½ hours a week





Activity Levels



Moderately Active

30-60 min. of physical activity
in addition to daily activities



Active

60 min. or more of physical activity
in addition to daily activities



Balancing Calories

- Enjoy your food, but eat less
- Avoid oversized portions
- Increase physical activity if you eat more than you need





MyPlate Website

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United States Department of Agriculture

MyPlate
Weight Management & Calories
Physical Activity
SuperTracker & Other Tools
Printable Materials & Ordering
Healthy Eating Tips

Q

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- > [Fruits & Veggies Video Contest](#)
- > [Healthy Eating on a Budget](#)
- > [SuperTracker](#)
- > [10 Tips Nutrition Education Series](#)
- > [Sample Menus and Recipes](#)
- > [Dietary Guidelines](#)
- > [Partnering Program](#)

>>> More

Stay Connected:

MyPlate

Introducing MyPlate, a simple reminder for healthy eating.

We hope that MyPlate becomes YOUR plate.

What's Cooking?

- **Tip of the Day** – Keep it lean: Skip or limit the breading on meat, poultry, or fish. Breading adds fat and calories. It will also cause the food to soak up more fat during frying.
- **Communities on the Move Video Challenge** – First Lady Michelle Obama's *Let's Move!* initiative invites faith-based, community, and other organizations to create inspiring videos about their efforts to reverse the trend of childhood obesity. Download the [MyPlate Community Toolkit](#).
- **MyPlate Fruits and Veggies Video Challenge** – What does YOUR MyPlate look like? Check out the winners of the video challenge. Get some tips to help you and your family make half your plate fruits and vegetables.
- **Ten Tios Nutrition Education Series** –

For Consumers

- > [Dieters](#)
- > [Pregnant & Breastfeeding Women](#)
- > [Children \(6-11 yrs\)](#)
- > [Preschoolers \(2-5 yrs\)](#)
- > [En Español](#)

For Professionals

- > [Educators/Teachers](#)
- > [Health Care Professionals](#)
- > [Partners](#)
- > [MyPlate Graphics](#)

Related Resources

USDA

Let's Move! Initiative

Know Your Farmer
Know Your Food

The People's Garden

The White House

>>> More

SuperTracker

The SuperTracker can help you plan, analyze, and track your diet and physical activity.



Foods to Increase

- Make half your plate fruits and vegetables
- Make at least half your grains whole grains
- Switch to fat-free or low-fat (1%) milk





Foods to Reduce

- Compare sodium levels and choose the foods with lower numbers
- Drink water instead of sugary drinks
- Replace refined grains with whole grains often





Daily Food Plan

- Get your personalized plan
- Enter your information to receive a customized Daily Food Plan
- Log on to www.ChooseMyPlate.gov





My Daily Food Plan

Based on the information you provided, this is your daily recommended amount for each food group.

 <p>GRAINS 6 ounces</p>	 <p>VEGETABLES 2 1/2 cups</p>	 <p>FRUITS 2 cups</p>	 <p>DAIRY 3 cups</p>	 <p>PROTEIN FOODS 5 1/2 ounces</p>
<p>Make half your grains whole Aim for at least 3 ounces of whole grains a day</p>	<p>Vary your veggies Aim for these amounts each week: Dark green veggies = 1 1/2 cups Red & orange veggies = 5 1/2 cups Beans & peas = 1 1/2 cups Starchy veggies = 5 cups Other veggies = 4 cups</p>	<p>Focus on fruits Eat a variety of fruit Choose whole or cut-up fruits more often than fruit juice</p>	<p>Get your calcium-rich foods Drink fat-free or low-fat (1%) milk, for the same amount of calcium and other nutrients as whole milk, but less fat and Calories Select fat-free or low-fat yogurt and cheese, or try calcium-fortified soy products</p>	<p>Go lean with protein Twice a week, make seafood the protein on your plate Vary your protein routine—choose beans, peas, nuts, and seeds more often Keep meat and poultry portions small and lean</p>
<p>Find your balance between food and physical activity Be physically active for at least 150 minutes each week.</p>		<p>Know your limits on fats, sugars, and sodium Your allowance for oils is 6 teaspoons a day. Limit Calories from solid fats and added sugars to 260 Calories a day. Reduce sodium intake to less than 2300 mg a day.</p>		

Your results are based on a 2000 Calorie pattern.

Name: _____

This Calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your Calorie intake.



2000 Calorie MyPlate Goals

Average amounts for weekly menu:

Food group

GRAINS

- Whole grains
- Refined grains

VEGETABLES

- Vegetable subgroups (amount per week)
- Dark green
- Red/Orange
- Starchy
- Beans and Peas
- Other Vegetables

FRUITS

DAIRY

PROTEIN FOODS

- Seafood

OILS

CALORIES FROM ADDED FATS AND SUGARS

Daily average over 1 week

6 servings/day

3-4 servings

2-3 servings

2 1/2 cups

1 1/2 cups per week

5 1/2

5

1 1/2

4

2 cups

3 cups

~ 6 ounces

8-9 oz per week

29 grams (~ 6 tsp.)

245



Use Food Labels

- Check for calories and serving size
- Choose foods with lower
 - Saturated fat
 - Trans fat
 - Sodium
- Check for added sugars on the ingredient list





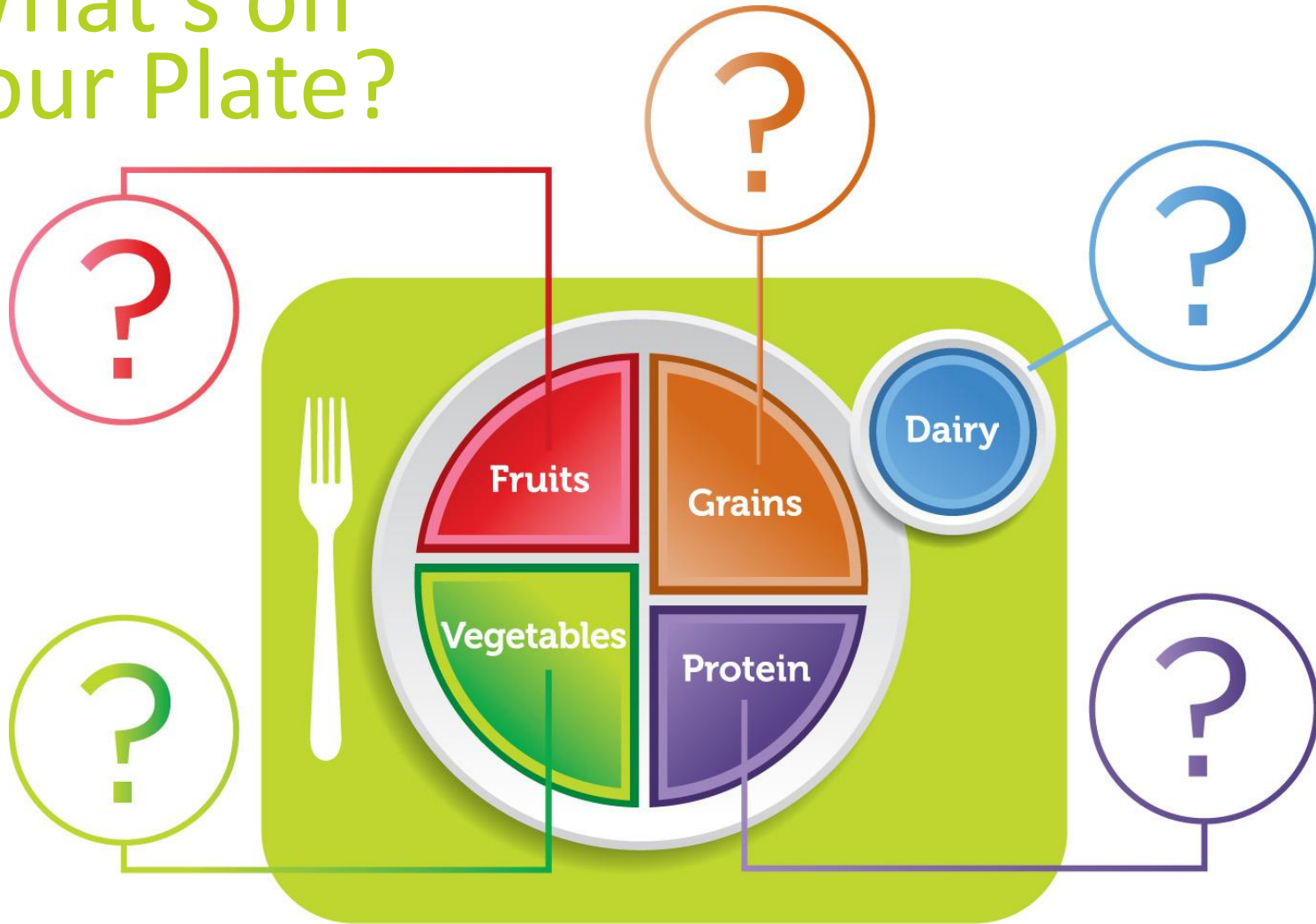
Tips for Eating Out

- Always ask for water
- Sauces on the side
- Choose whole grain bread
- Opt for smaller portions





What's on Your Plate?





Review Questions

1. What percent of your grain intake should be whole grains?
 - a. 75%
 - b. 50%
 - c. 33%

2. Which of the following would NOT count as a serving of fruit?
 - a. Juice drink
 - b. Canned fruit
 - c. Frozen fruit



Review Questions

3. The best way to determine if sugar has been added to a food is to look at the?
 - a. Food label
 - b. Ingredient list
 - c. Product description

4. Children and teens should be active about this many hours per week?
 - a. 2.5 hours
 - b. 7 hours
 - c. 10 hours



Review Questions

5. The name of the new USDA food guidance visual is?

- a. MyFood
- b. MyPyramid
- c. MyPlate

6. Most Americans need to eat more?

- a. Oils
- b. Vegetables
- c. Protein



Review Questions

7. Which food made from milk belongs in the dairy group?
 - a. Butter
 - b. Yogurt
 - c. Sour cream

8. Someone who needs 2,000 calories a day can have about this many calories from added sugars and fats?
 - a. 250
 - b. 500
 - c. 650



Additional Resources

- For your convenience links to handouts are provided in the notes below to help save you time when accessing additional information



Based on information published by the U.S. Department of Agriculture (USDA), Center for Nutrition Policy and Promotion

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