

MyPlate: Build a Healthy Plate

Choose MyPlate replaces the USDA's MyPyramid. Choose MyPlate is a new icon to help all healthy people over 2 years of age to build a healthy plate. The new icon is based on the 2010 Dietary Guidelines for Americans. The three main points of the Dietary Guidelines are:

Balancing Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

Foods to Increase

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

Foods to Decrease

- Cut back on foods high in solid fats, added sugars, and salt.
- Drink water instead of sugary drinks



The Choose MyPlate icon is a simple plate to help you make healthful food choices. The key messages of the new plate are listed below.

Balance Calories

Eat the right amount of calories for you. To find out how many calories you need each day go to www.choosemyplate.gov. The more physically active you are the more easily you can balance your calories.

Enjoy your food, but eat less

Take time to fully enjoy your food as you eat it. Eating too fast or when your attention is somewhere else may lead to overeating and too many calories.

Avoid oversized portions

Use a smaller plate, bowl, and glass. Portion out foods before you eat. Stop eating when you are satisfied, not full. When eating out share a dish or ask for a take home bag.

Foods to eat more often

Eat more fruits, vegetables, whole grains, lean protein foods and fat-free or low-fat dairy products. These foods have vitamins and minerals you need for good health – including vitamins A, C and D, potassium, calcium, and fiber.

Make half your plate fruits and vegetables

Fruits and vegetables are packed with vitamins and minerals and are low in calories. Fill half your plate with colorful fruits and vegetables. Try acorn squash, cherry tomatoes, and kale. Enjoy fresh, frozen, dried and canned fruit at all meals.

Be Physically Active Your Way

Pick activities that you like and start by doing what you can, at least 10 minutes at a time. Every minute adds up, and the health benefits increase as you spend more time being active.

Switch to fat-free or 1% milk

They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and fat.

Make half your grains whole grains

Grains are divided into two types, whole grains and refined grains. Whole grains contain the entire grain kernel – the bran, germ and endosperm. Choose whole grains over refined grains. For example, eat 100% whole wheat bread or bagels instead of white bread or bagels; choose brown rice in place of white rice.

Foods to eat less often

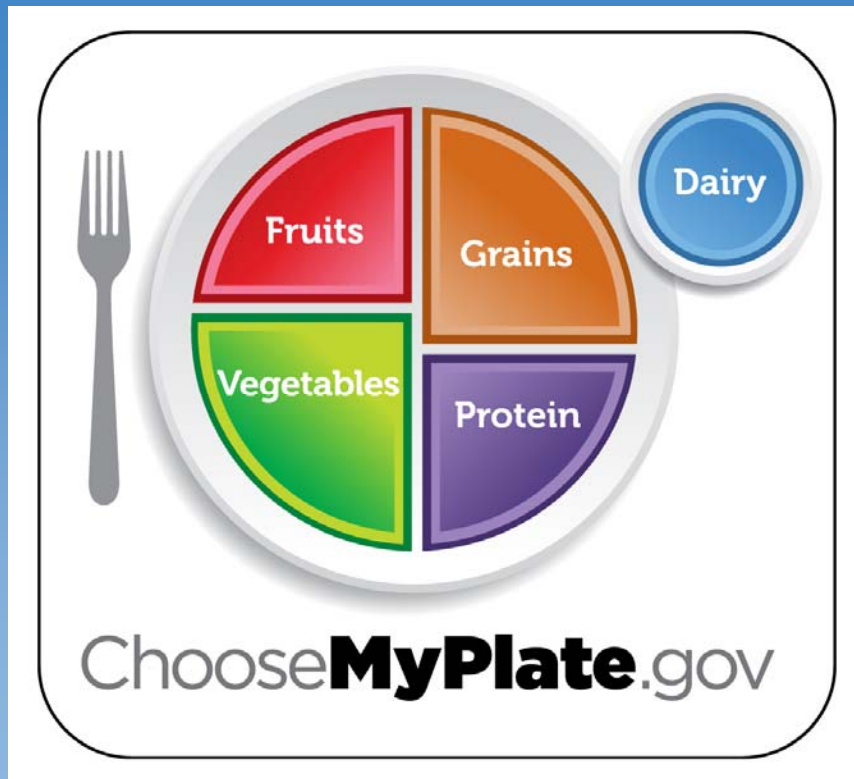
Cut back on foods high in solid fats, added sugar and salt. They include foods like cakes, cookies, pastries, cheese, sweetened drinks, and fatty meats like sausages, bacon, hot dogs and ribs.

Compare sodium in foods

Check the Nutrition Facts label to choose lower sodium options for foods like soup, processed meats and frozen meals. Look for canned foods labeled “low sodium,” or “reduced sodium”, or no salt added.

Drink water instead of sugary drinks

Drink more water and unsweetened beverages. Instead of sugary drinks try water with a splash of lemon or lime.



Vegetable Group Vary your veggies	Fruit Group Focus on fruits	Grain Group Make half your grains whole	Protein Group Go lean with protein	Dairy Group Get your calcium-rich foods
<p>Choose fresh, frozen or canned vegetables.</p> <p>Choose vegetables rich in color like red, orange, and dark-green such as tomatoes, red peppers, sweet potatoes, broccoli and spinach.</p> <p>Eat more dry beans and peas like pinto beans, kidney beans and lentils</p>	<p>Buy fruits that are fresh, frozen, dried and canned (in water or 100% juice).</p> <p>Make most of your fruit choices whole or cut-up which provides more fiber. Go easy on fruit juices.</p> <p>Include fruit at breakfast – top cereal with cut-up fruit. Add blueberries to pancakes and yogurt.</p>	<p>Whole grains contain the entire grain kernel and have more nutrients like fiber, than refined grains.</p> <p>Whole grain choices include 100% whole-wheat bread and pasta, oatmeal, brown rice, bulgur, and barley.</p> <p>Make whole grains as part of a healthy snack. Choose low-fat popcorn and 100% whole wheat crackers.</p>	<p>Eat a variety of foods from the Protein Group. Try beans, nuts, seeds, eggs, soy and seafood.</p> <p>Choose lean or low-fat cuts of meat and poultry.</p> <p>Bake it, broil it, or grill it.</p> <p>Eat more plant based proteins like beans and peas (kidney, pinto, chickpeas), soy products (tofu, tempeh), nuts and seeds.</p>	<p>Drink fat-free (skim) or low-fat (1%) milk. If you drink whole milk, gradually switch to skim or 1% milk.</p> <p>Go low-fat when you choose milk, yogurt, and cheese.</p> <p>Limit dairy desserts like flavored milks, fruit yogurts, and frozen yogurt. They contain a lot of added sugars.</p>