

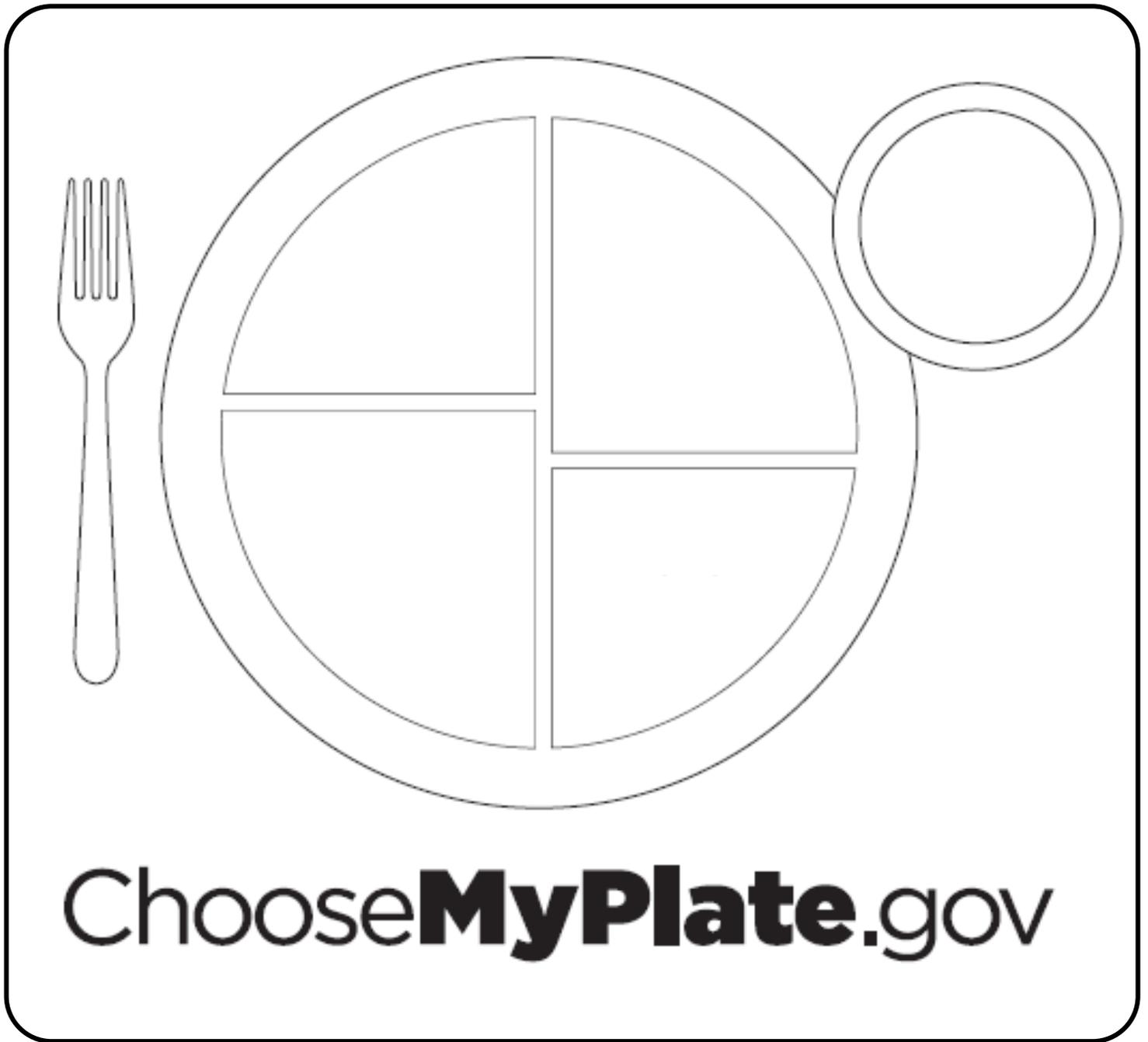
Unit 7

MyPlate & Dietary Guidelines



MyPlate

Label and color each food group. Then, list the key consumer message for each.



Your Serving Sizes

List the serving sizes from each food group that YOU need daily.

Food Group	Serving Size	Food Group	Serving Size
Fruits		Grains	
Vegetables		Dairy	
Protein			

Dietary Guidelines

Revised Every _____ Years

1. Follow a Healthy Eating Pattern Across the Lifespan

- _____ food and beverage choices matter.
- Choose a healthy eating pattern at an appropriate _____ to help achieve and maintain a healthy body weight, support nutrient adequacy, and reduce the risk of chronic disease.

2. Focus on Variety, Nutrient Density and Amount

- _____ in recommended amounts.
- Nutrient dense foods provide _____, _____ and other beneficial substance with relatively _____.

3. Limit Calories from Added Sugars and Saturated Fats and Reduce Sodium Intake

- _____ added sugars, saturated fats, trans fats and sodium.
- Cut back on foods and beverages higher in these components.

4. Shift to Healthier Food and Beverage Choices

- _____ nutrient-dense foods and beverages.
- Consider _____ and _____ preferences to make these shifts easier to accomplish and maintain.

5. Support Healthy Eating Patterns for All

- _____ has a role in helping to create and support healthy eating patterns.
- Include _____ as part of healthy eating patterns.
- Children and teens should be active at least _____ or more each day.

Healthy Eating Patterns

1. All Food Groups Are Important for Good Health

- Each food group provides some, but not all of the nutrients you need.
- Eating a _____ ensures you get all nutrients.

2. Practice Healthy Eating Patterns

- Understand and read food _____.
- Practice _____.
- Balance the essential _____ for a healthy diet.

3. Individual Caloric Needs

- Each person's caloric needs depends on _____, _____ and _____.

4. Empty Calories

- Foods that have solid fats and added sugars add calories to food, but few or _____.
- In some foods, like candies and soda, ALL the calories are _____ calories.
- A _____ amount of empty calories are okay, but most people eat far more than what is healthy.