

MyPlate

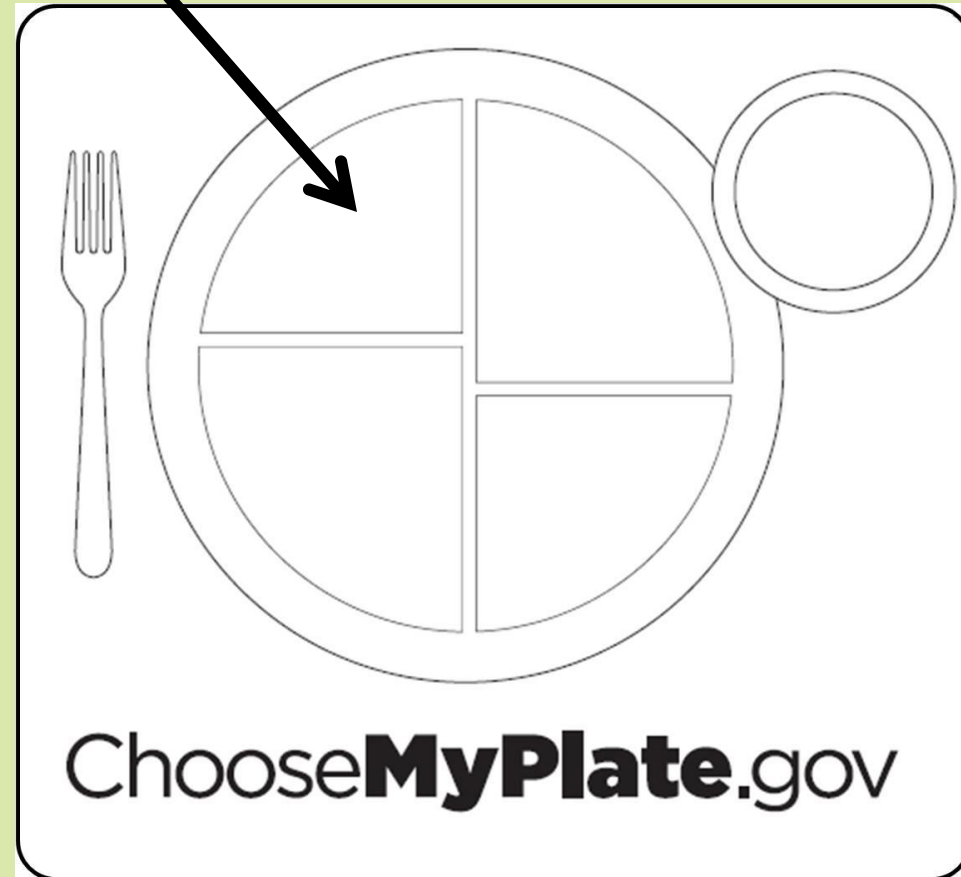
- MyPlate was released in June 2011.
- Recommendations are for 2 years of age and older.



On Your Notes

For each section of MyPlate:

- Write the FOOD GROUP
- Write the COLOR
- Write the KEY CONSUMER MESSAGE

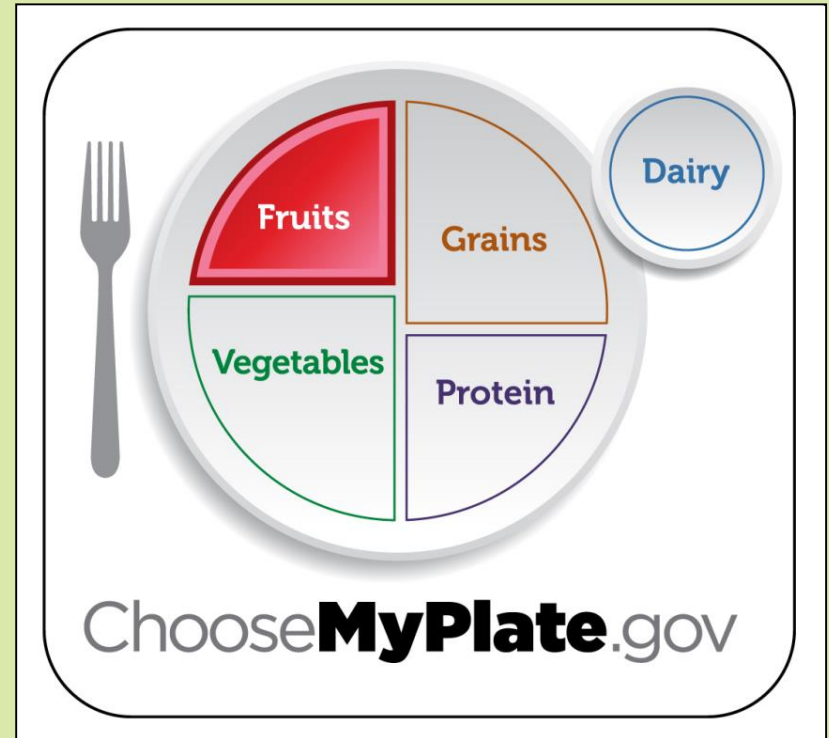


Fruits Group

1. Use fruits as snacks, salads or desserts.
2. Choose whole or cut up fruits more often than fruit juice.

Key Consumer Message:

Make half your plate fruits and vegetables.



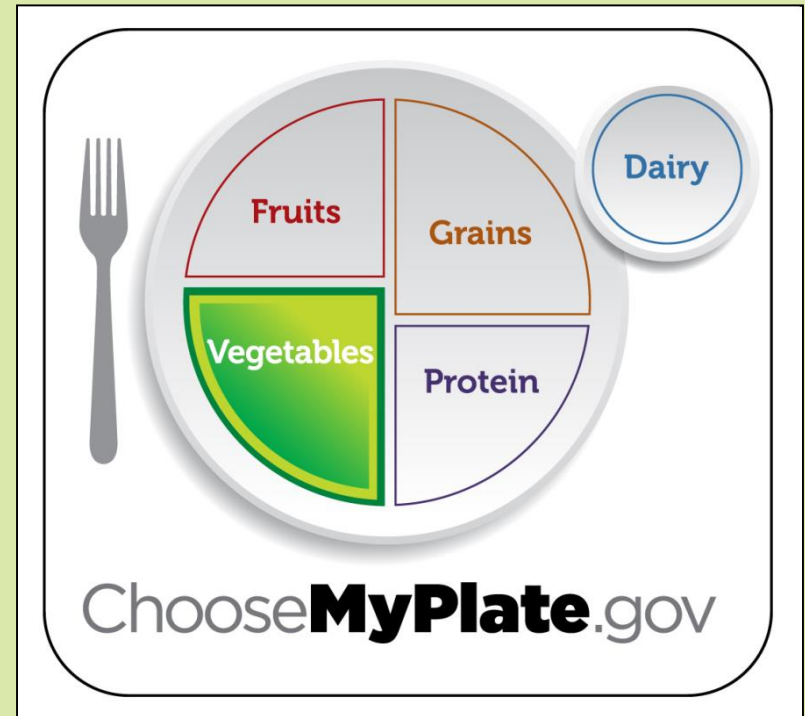
Boys 9-13	1 ½ c. daily
Boys 14-18	2 c. daily
Girls 9-18	1 ½ c. daily

Vegetables Group

1. Choose fresh, frozen, canned or dried.

Key Consumer Message:

Eat red, orange and dark green vegetables.



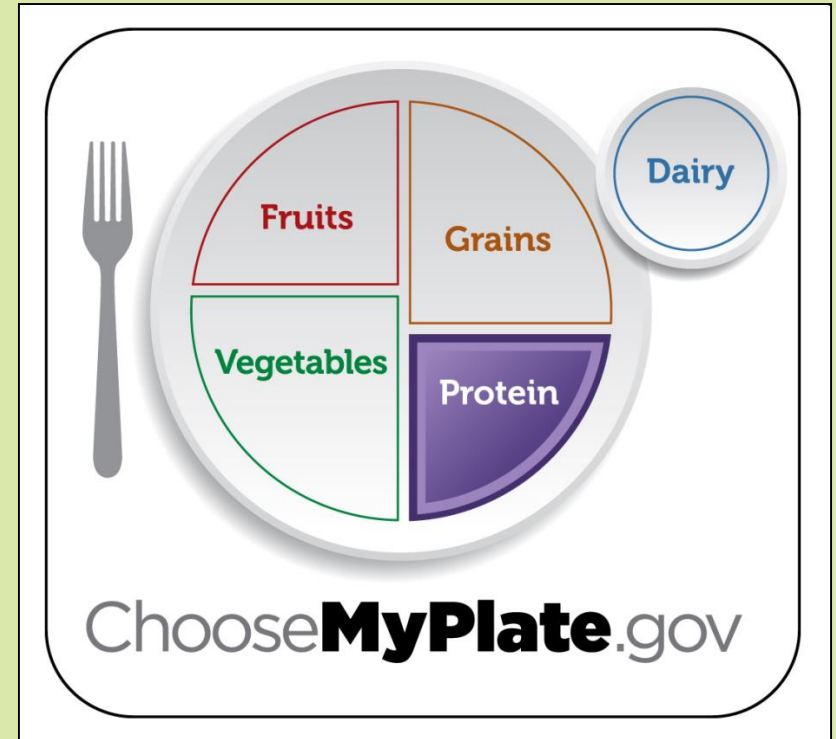
Boys 9-13	2 ½ c. daily
Boys 14-18	3 c. daily
Girls 9-13	2 c. daily
Girls 14-18	2 ½ c. daily

Protein Group

1. Choose a variety of different protein sources.
2. In place of *some* meat and poultry, choose 8 oz. seafood per week.
3. Try grilling, broiling, poaching or roasting.

Key Consumer Message:

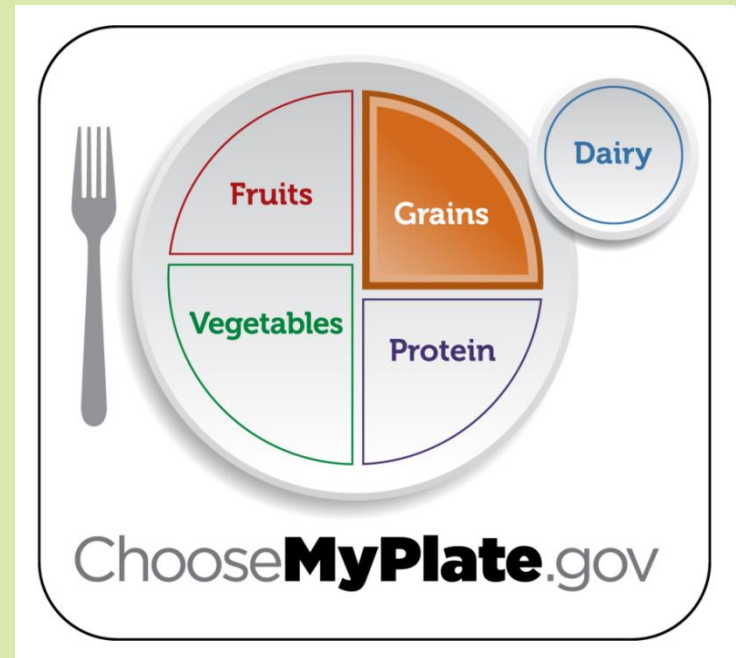
Keep meat and poultry portions small and lean.



Boys 9-13	5 oz. daily
Boys 14-18	6 ½ oz. daily
Girls 9-18	5 oz. daily

Grains Group

1. Choose 100% whole grain cereals, breads, crackers, rice and pasta.
2. Check the ingredients list on food packages to find whole grain foods.



Key Consumer Message:

Make half your grains whole grains.

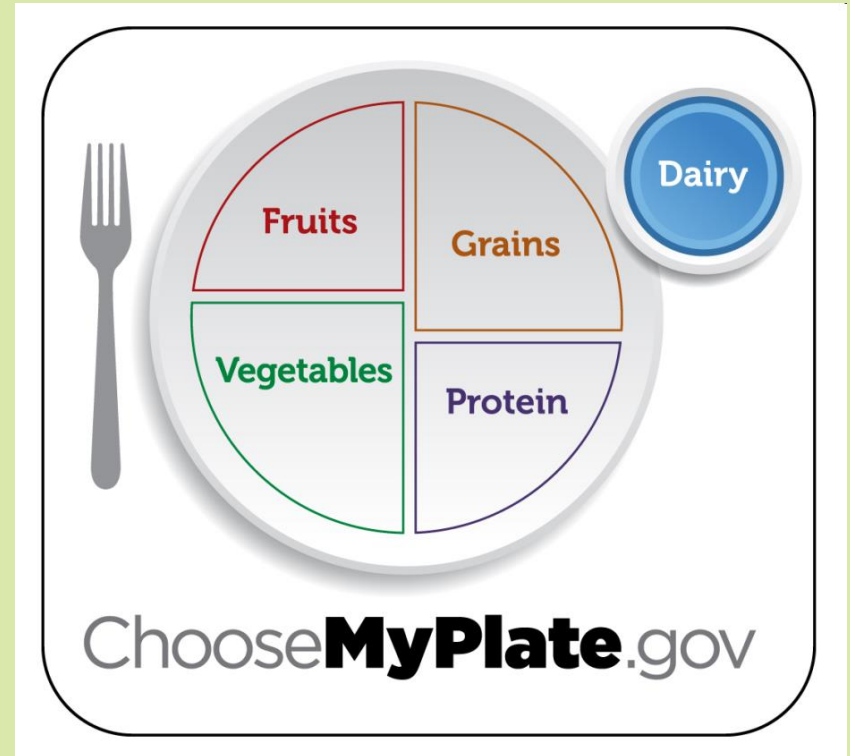
	Grains	Whole Grains
Boys 9-13	6 oz. daily	3 oz. daily
Boys 14-18	8 oz. daily	4 oz. daily
Girls 9-13	5 oz. daily	2.5 oz. daily
Girls 14-18	6 oz. daily	3 oz. daily

Dairy Group

1. Low-fat or fat-free dairy products have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.

Key Consumer Message:

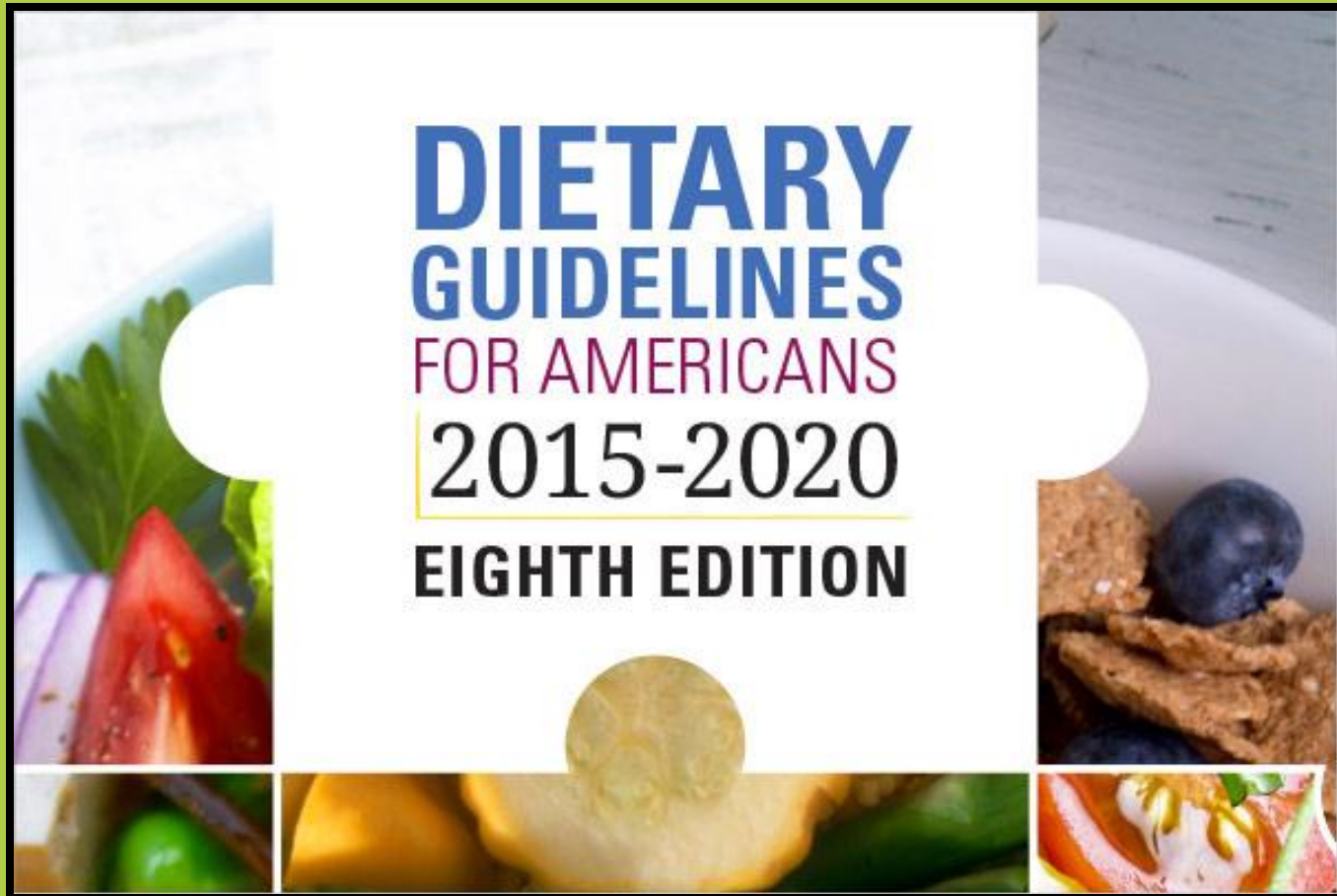
Switch to low-fat or fat-free milk. Get your calcium rich foods.



Boys 9-18	3 c. daily
Girls 9-18	3 c. daily

The Dietary Guidelines

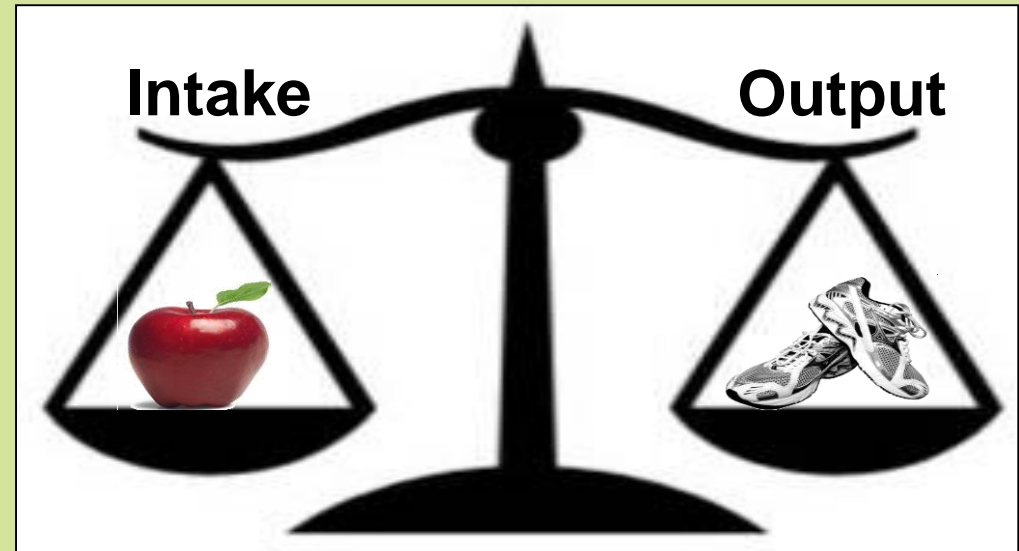
Revised Every 5 Years



The Dietary Guidelines

1. Follow a Healthy Eating Pattern Across the Lifespan

- All food and beverage choices matter.
- Choose a healthy eating pattern at an appropriate calorie level 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

- o Choose a variety of nutrient-dense foods in recommended amounts.
- o Nutrient dense foods provide vitamins, minerals and other beneficial substances with relatively few calories.

Which is more Nutrient Dense?

Spinach



OR



Candy

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

- Reduce 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

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



5. Support Healthy Eating Patterns for All

- o Everyone has a role in helping to create and support healthy eating patterns.
- o Include physical exercise as part of healthy eating patterns.
- o Children and teens should be physically active for at least 60 minutes every day.



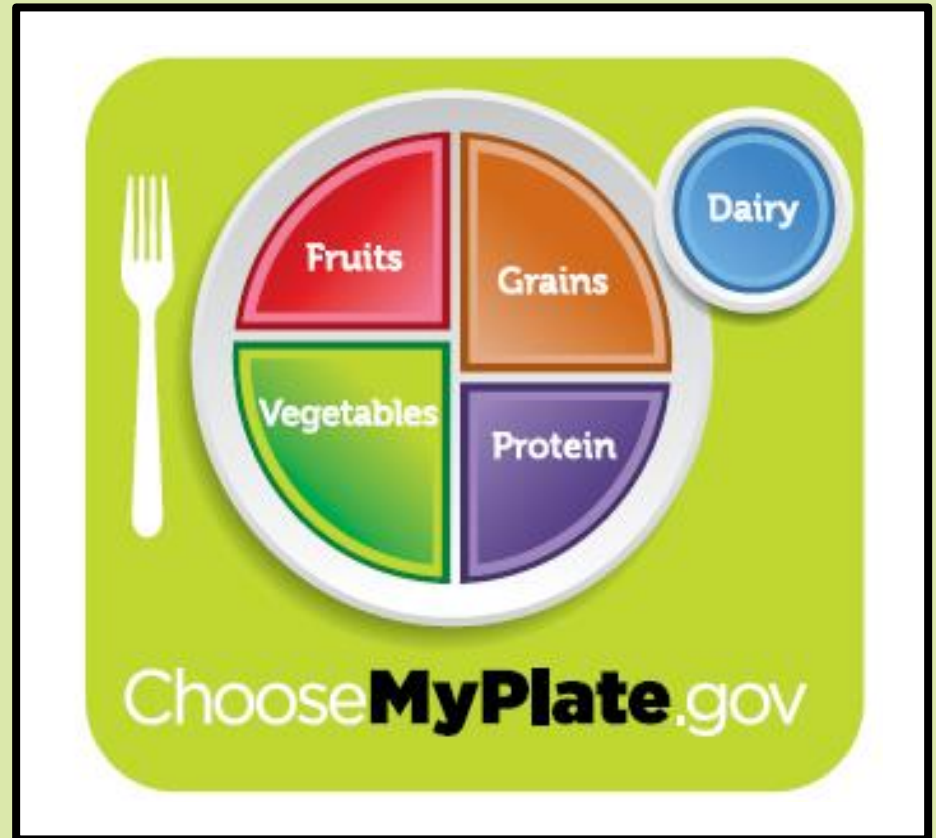
Healthy Eating Patterns

“Build a Healthy Plate”



1. All Food Groups are Important For Good Health

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



2. Practice Healthy Eating Patterns

- Understand and read food LABELS.
- Practice PORTION CONTROL.
- Balance the essential nutrients for a healthy diet.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
<hr/>	
Amount per 2/3 cup	Calories 230
<hr/>	
% DV*	
12%	Total Fat 8g
5%	Saturated Fat 1g
	Trans Fat 0g
0%	Cholesterol 0mg
7%	Sodium 160mg
12%	Total Carbs 37g
14%	Dietary Fiber 4g
	Sugars 1g
	Added Sugars 0g
	Protein 3g
<hr/>	
10%	Vitamin D 2%
20%	Calcium 26%
45%	Iron 8mg
5%	Potassium
* Footnote on Daily Value reference to be inserted	



3. Individual Caloric Needs

- Each person's caloric needs depends on AGE, GENDER and ACTIVITY LEVEL.

Gender & Age	Average Daily Caloric Needs
Boys 9-13	1,800
Boys 14-18	2,200
Girls 9-13	1,600
Girls 14-18	1,800

4. Empty Calories

- Foods that have solid fats and added sugars add calories to food, but few or **NO NUTRIENTS.**
- In some foods, like candies and sodas, ALL the calories are **EMPTY** calories.
- A small amount of empty calories are okay, but most people eat far more than what is healthy.



5. Reduce Screen Time

- Spend LESS time in front of the TV, video games, phones and other electronics and more time being physically active.

