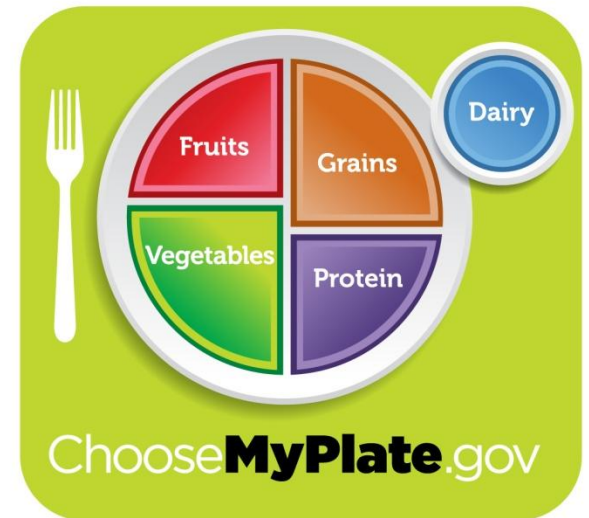
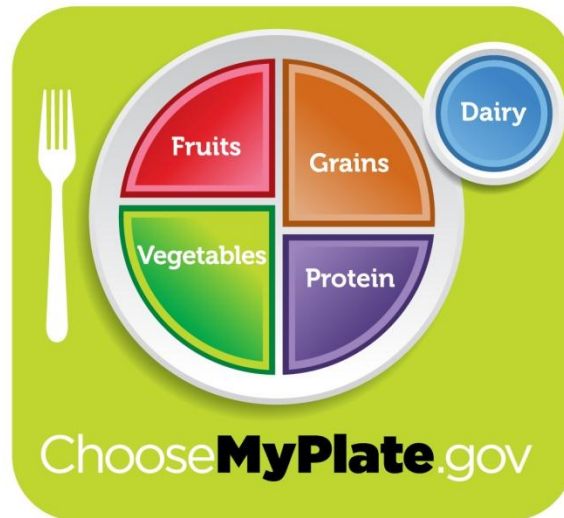
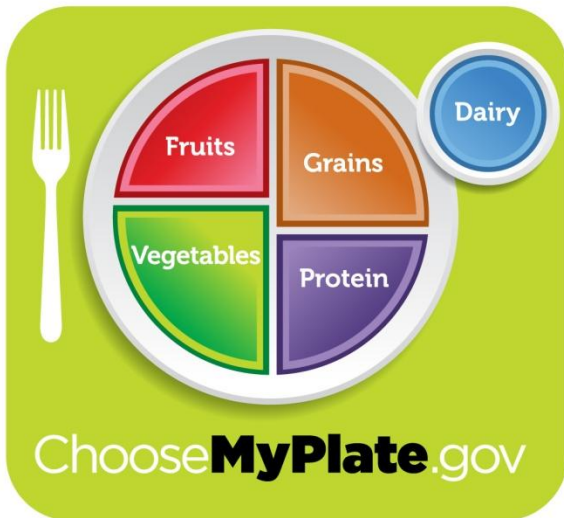
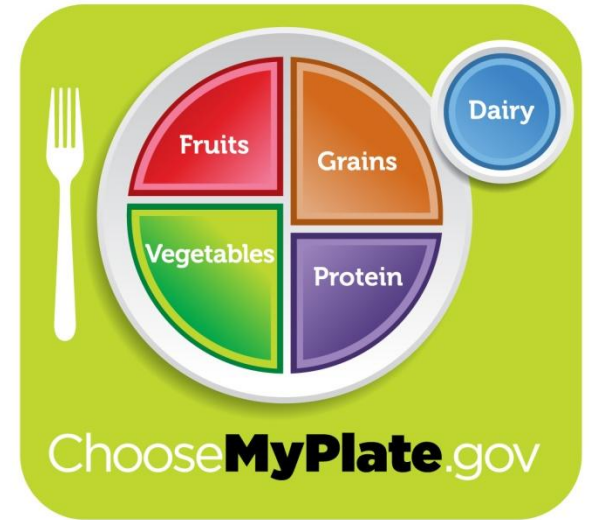
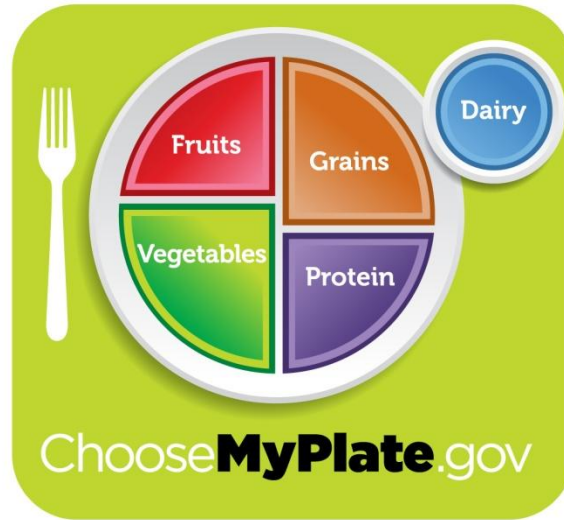
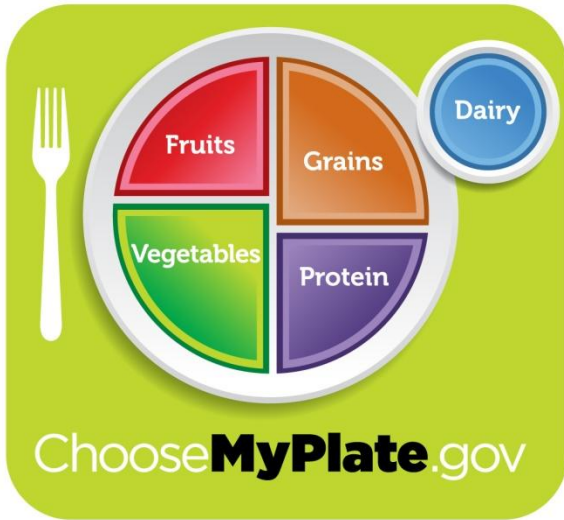


MyPlate

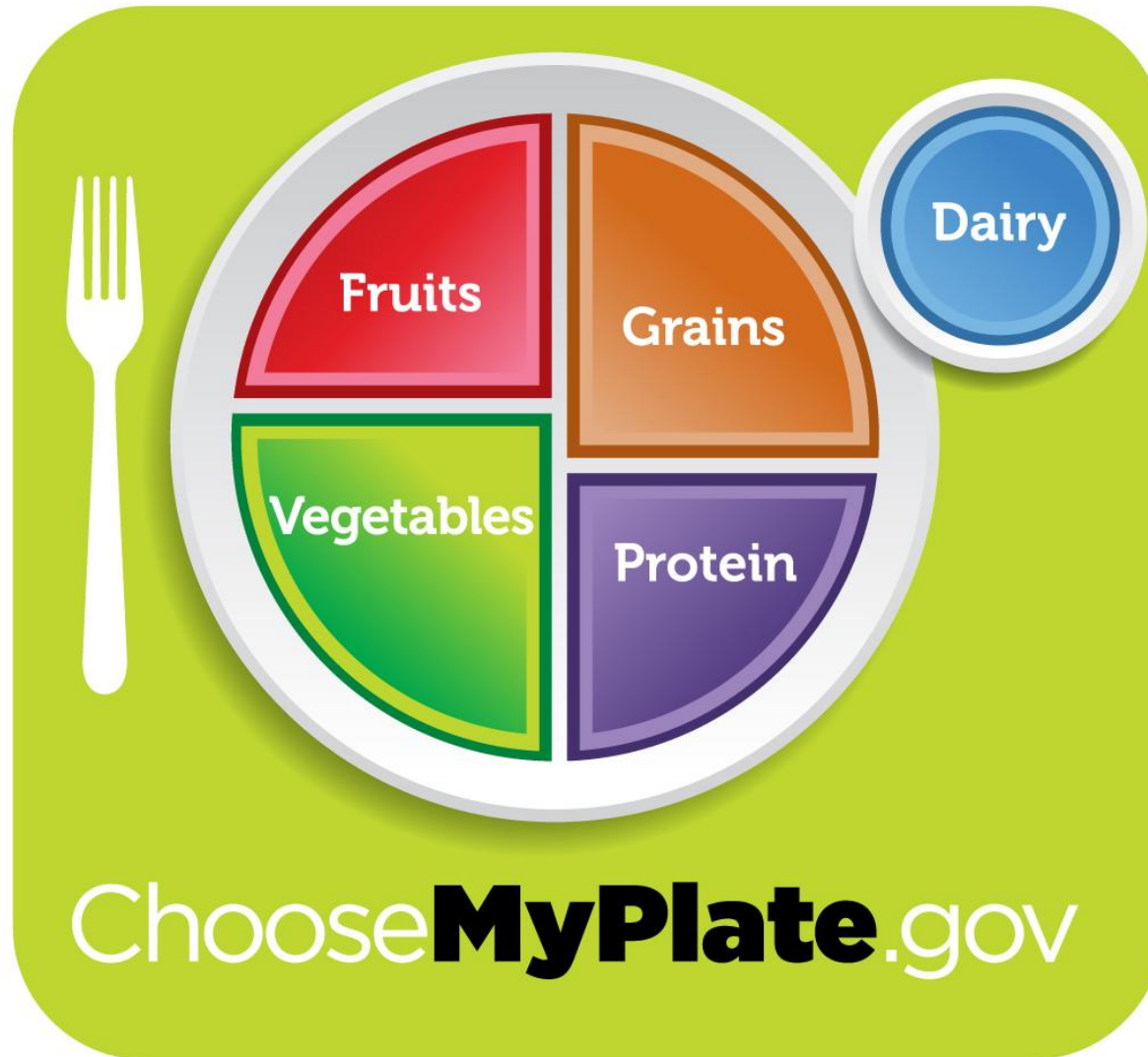
Guidelines for Healthy Eating



The Old MyPyramid is now ...



... MyPlate!



3 Concepts to Understand:

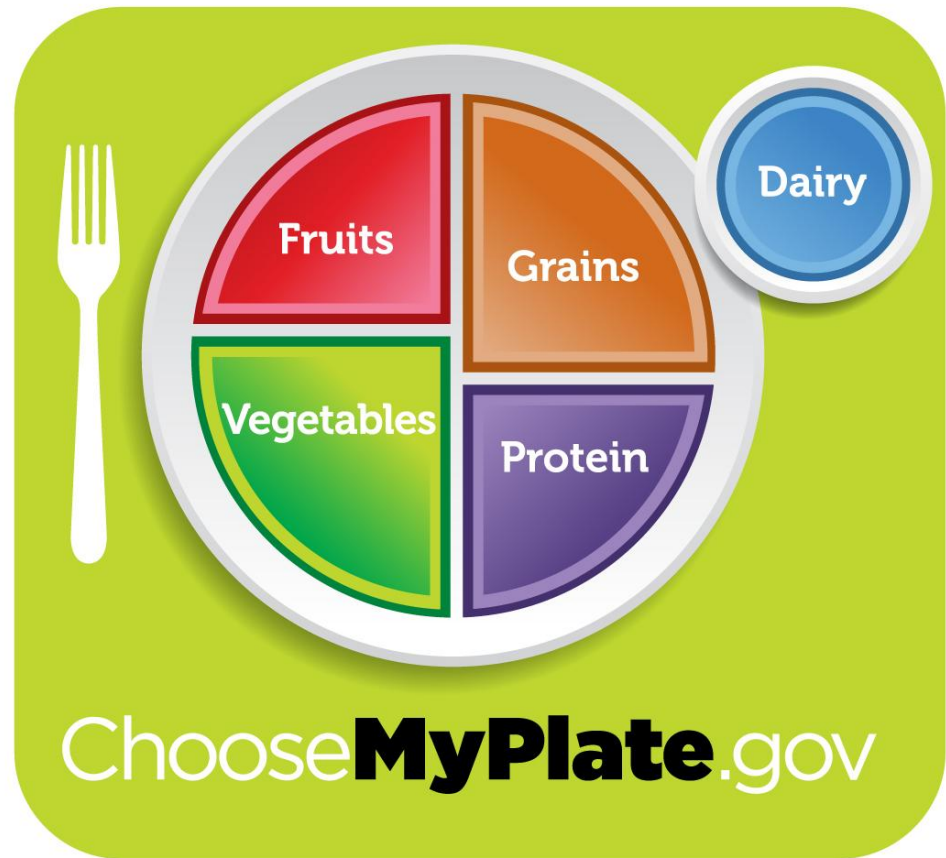
#1: Balancing Calories

#2: Foods to Increase

#3: Food to Decrease

#1: Balancing Calories...

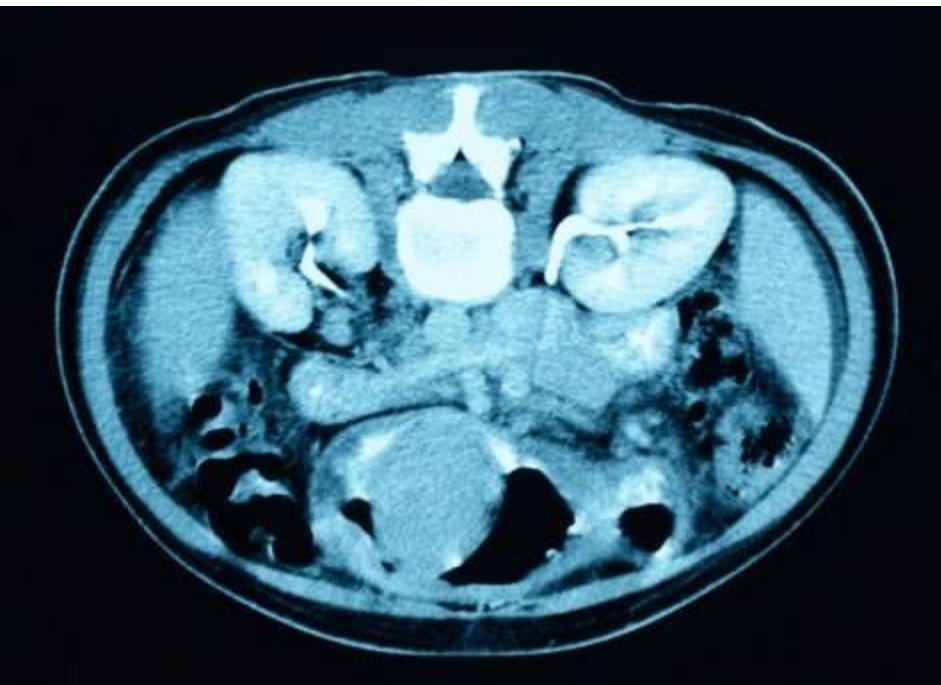
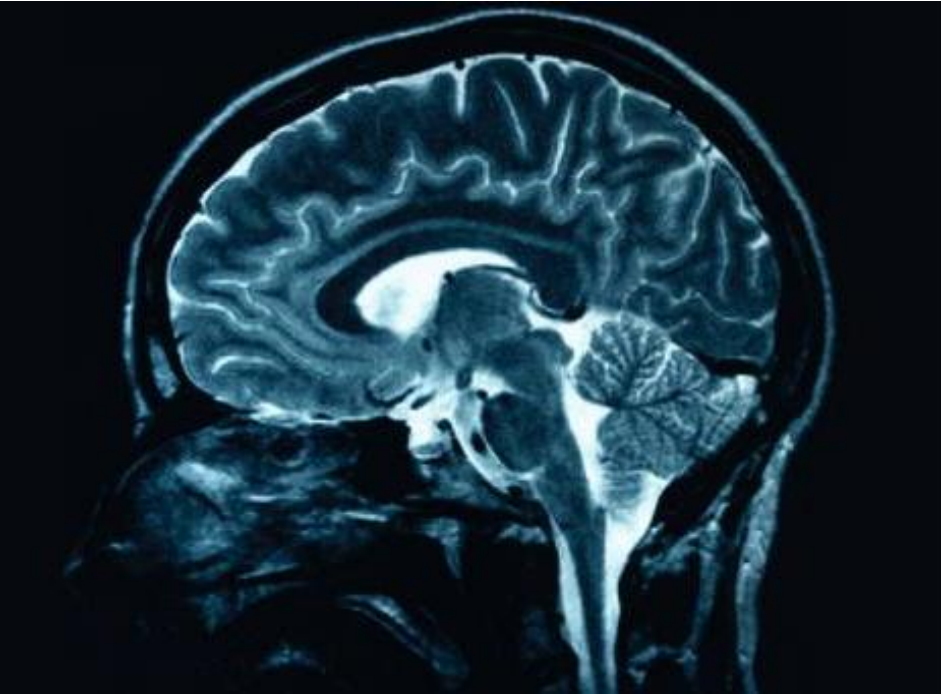
- **Enjoy your food, but eat less**
- **Avoid oversized portions**



Downsize portion size

**The
bigger the
portion,
the more
people
tend to
eat**





20 minutes

It takes
about 20
minutes for
stomach to
tell your
brain
you're full

Enjoy — but eat less!



Photo courtesy of National Cancer Institute



**Limit
foods
high in
sodium,
added
sugars,
and
refined
grains**

Photo courtesy of National Cancer Institute

**Eat
more
nutrient-
dense
foods**

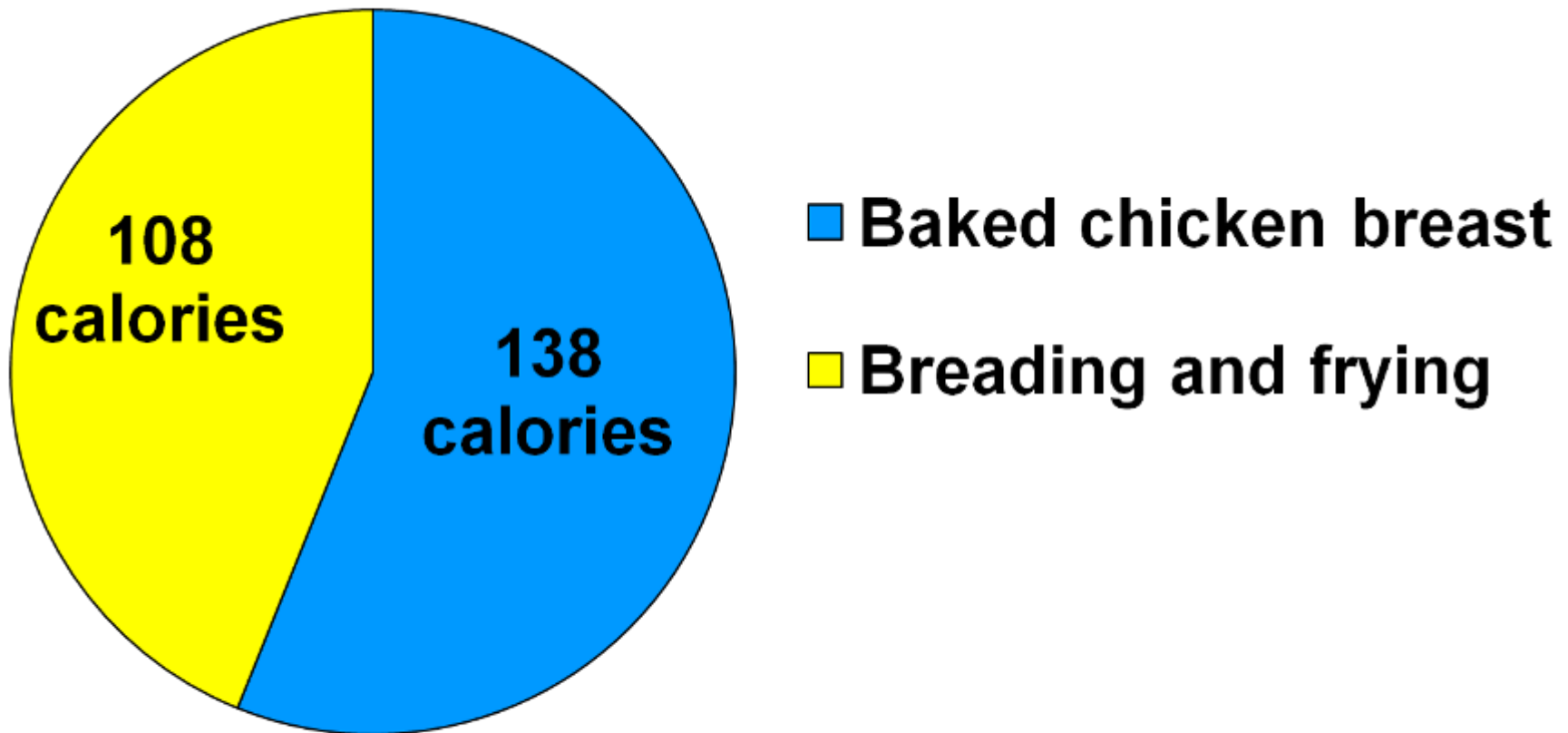


Examples of Nutrient-Dense Foods:

- Vegetables/fruits
- Whole grains
- Seafood
- Eggs
- Dry beans/peas
- Unsalted nuts/seeds
- Fat-free/low-fat milk/milk products
- Lean meats/poultry

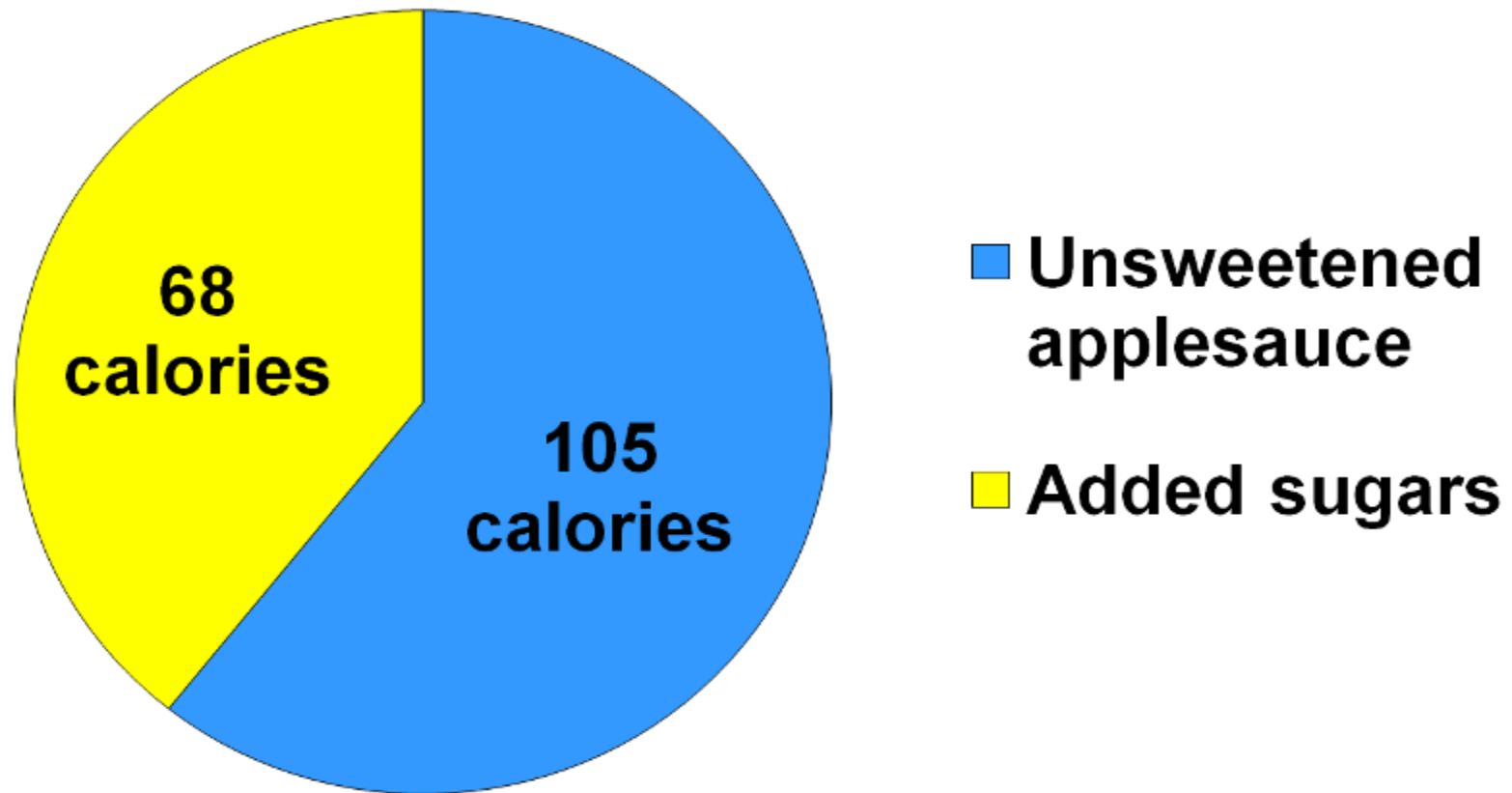
**When prepared
WITHOUT adding
solid fats, sugars,
or salt**

Nutrient-Dense NOT Calorie-Dense



**Breaded fried chicken strips, 3 oz.
(246 calories)**

Nutrient-Dense NOT Calorie-Dense



**Sweetened applesauce, 1 cup
(173 calories)**

Other sugars occur “naturally” in foods like milk, fruit, and some vegetables – they aren’t the “added sugars” that are the concern



Can you guess: Which food has **ADDED** sugar according to the ingredient list?

A. INGREDIENTS: cultured pasteurized grade A nonfat milk, whey protein concentrate, pectin ...

B. INGREDIENTS: cultured grade A reduced fat milk, apples, high-fructose corn syrup, cinnamon, nutmeg, natural flavors, pectin ...

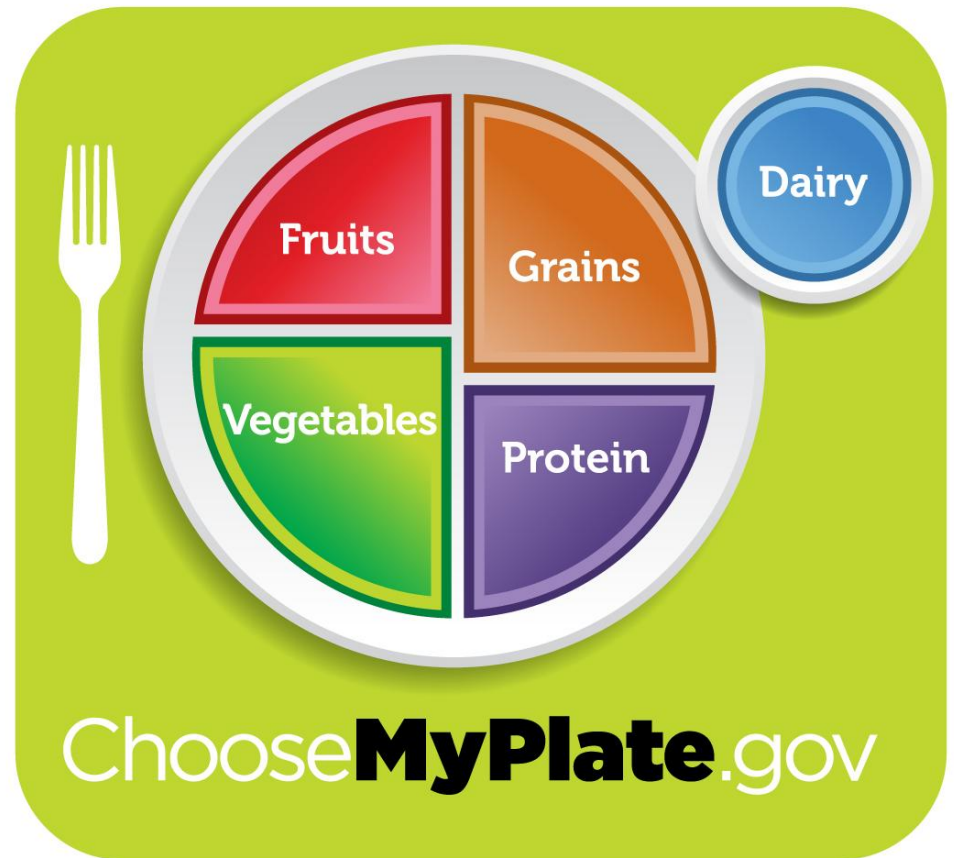
Can you guess: Which food has **ADDED** sugar according to the ingredient list?

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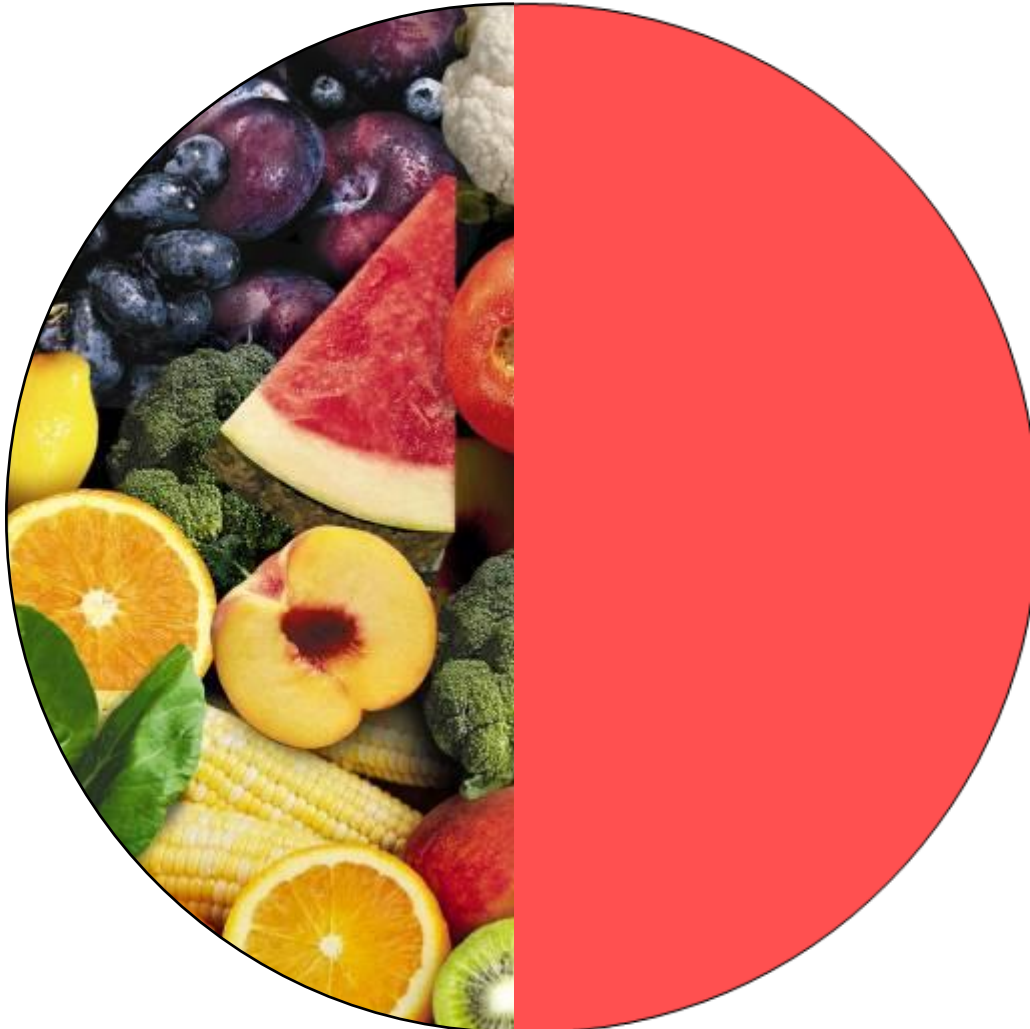
B. INGREDIENTS: cultured grade A reduced fat milk, apples, high-fructose corn syrup, cinnamon, nutmeg, natural flavors, pectin ...

#2: 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**



Fill half your plate with fruits & veggies



Pick a Variety of Vegetables



Red & orange



Dark-green



Starchy



**At least half
your grains
should be
whole grains**

Can you guess: Which bread is highest in **WHOLE** grains?

A. INGREDIENTS: enriched flour (wheat), water, high fructose corn syrup, molasses, wheat, bran ...

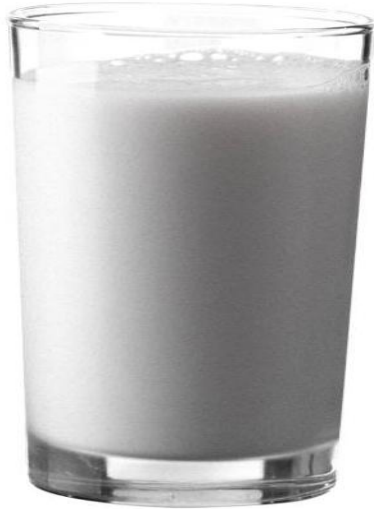
B. INGREDIENTS: whole wheat flour, water, brown sugar ...

Can you guess: Which bread is highest in **WHOLE** grains?

A. INGREDIENTS: enriched flour (wheat), water, high fructose corn syrup, molasses, wheat, bran ...

B. INGREDIENTS: whole wheat flour, water, brown sugar ...

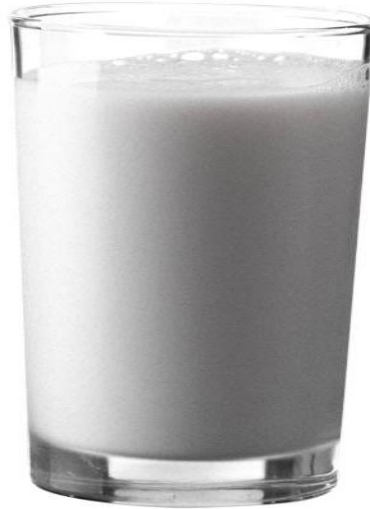
Switching to fat-free or low-fat (1%) milk makes a difference!



Whole

**165
calories**

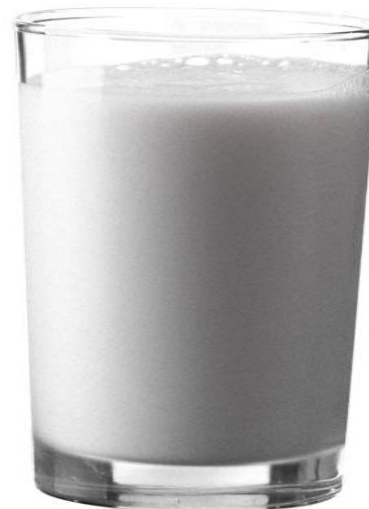
**Calories
saved**



2%

**125
calories**

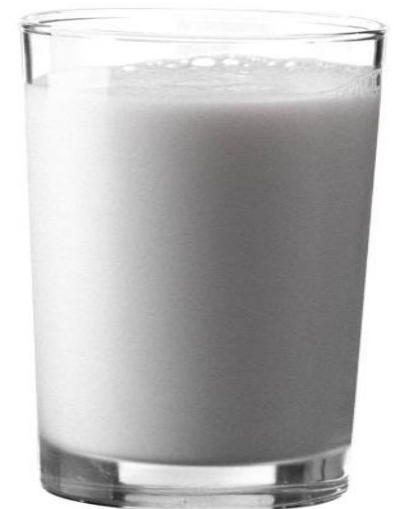
40



1%

**100
calories**

65



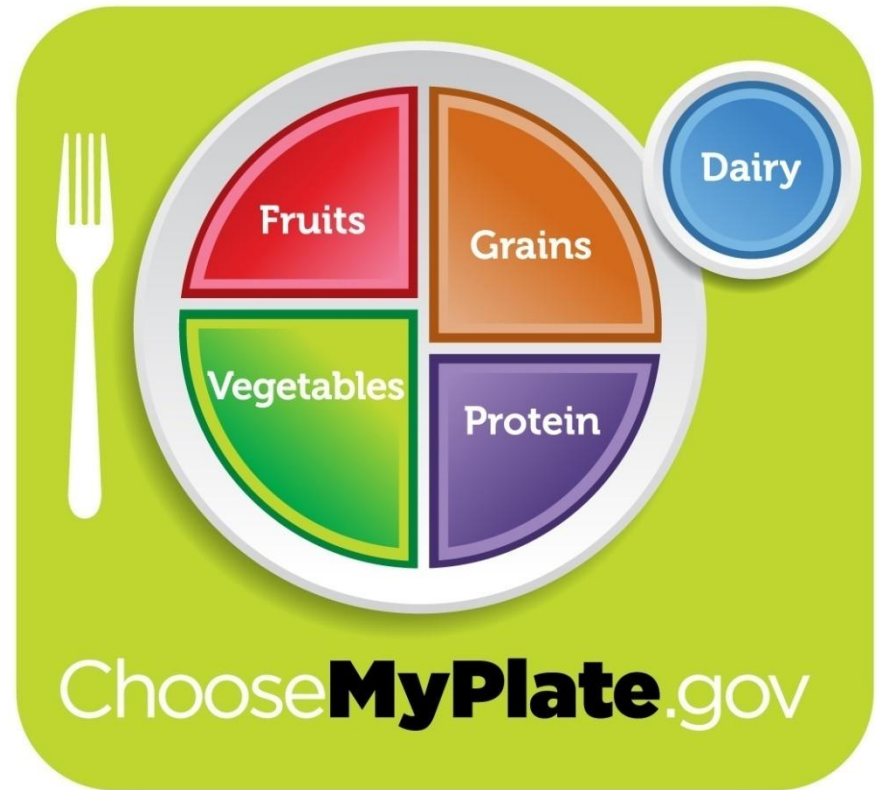
Fat-free

**85
calories**

80

#3: Foods To Decrease...

- **Compare sodium in foods like soup, bread, and frozen meals — and choose the foods with lower numbers**
- **Drink water instead of sugary drinks**



Easy Ways to Decrease Sodium

- **Check labels**
- **Avoid adding salt (an exception may be when baking yeast breads)**
- **Eat fresh foods, frozen veggies**
- **Request salt be left off when eating out**
- **Use other seasonings**



Decrease Sugar-sweetened Beverage Intake:



- **Drink fewer sugar-sweetened beverages**
- **Consume smaller portions**
- **Substitute water, unsweetened coffee and tea, and other beverages with few or no calories**

Can you guess: How much sodium is in 1 cup of this food?

- A. 30 mg
- B. 250 mg
- C. 470 mg

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
<hr/>	
Amount Per Serving	
Calories 250	Calories from Fat 110
<hr/>	
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
<i>Trans</i> Fat 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	20%

Can you guess: How much sodium is in 1 cup of this food?

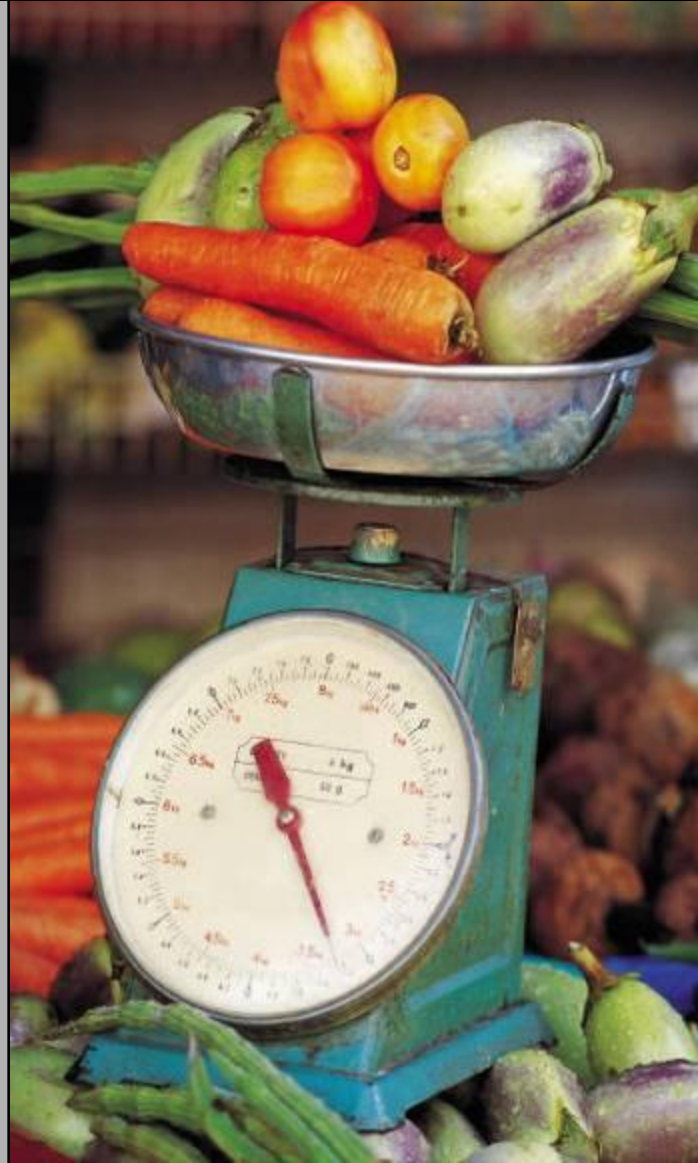
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	% Daily Value*
Total Fat 12g	18%
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<i>Trans</i> Fat 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	20%

Physical Activity + Healthy Diet = Healthy YOU!





**Moderate
aerobic
activity
increases
breathing
and heart
rate
somewhat**

**Vigorous
aerobic
activity
greatly
increases
heart rate
and
breathing**



Can you guess: How much **WEEKLY** physical activity should adults (age 18 and over) do for substantial health benefits?

A. 30 minutes of moderate-intensity activity 5 times per week

B. 15 minutes of vigorous-intensity activity 5 times per week

C. Either A or B

Can you guess: How much **WEEKLY** physical activity should adults (age 18 and over) do for substantial health benefits?

A. 30 minutes of moderate-intensity activity 5 times per week

B. 15 minutes of vigorous-intensity activity 5 times per week

C. Either A or B

Short on time?

***Get
active
10
minutes
3
times
a day***



Limit screen time or watch and workout



Remember ...

A variety of foods, in moderation, can fit into a healthy eating pattern if nutrient needs have been met without exceeding calorie limits.

Regular physical activity helps maintain calorie balance.

