



Build a Healthy Plate!

October 8th 2020

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Today, you'll learn about...

1. How MyPlate came about
2. What MyPlate is and how it can benefit you
3. Resources available at [choosemyplate.gov](https://www.choosemyplate.gov)
4. How to make balanced beverage and snack choices
5. A balanced recipe to try

Use this QR code to access the pre-quiz!





What does healthy & balanced look like to you?

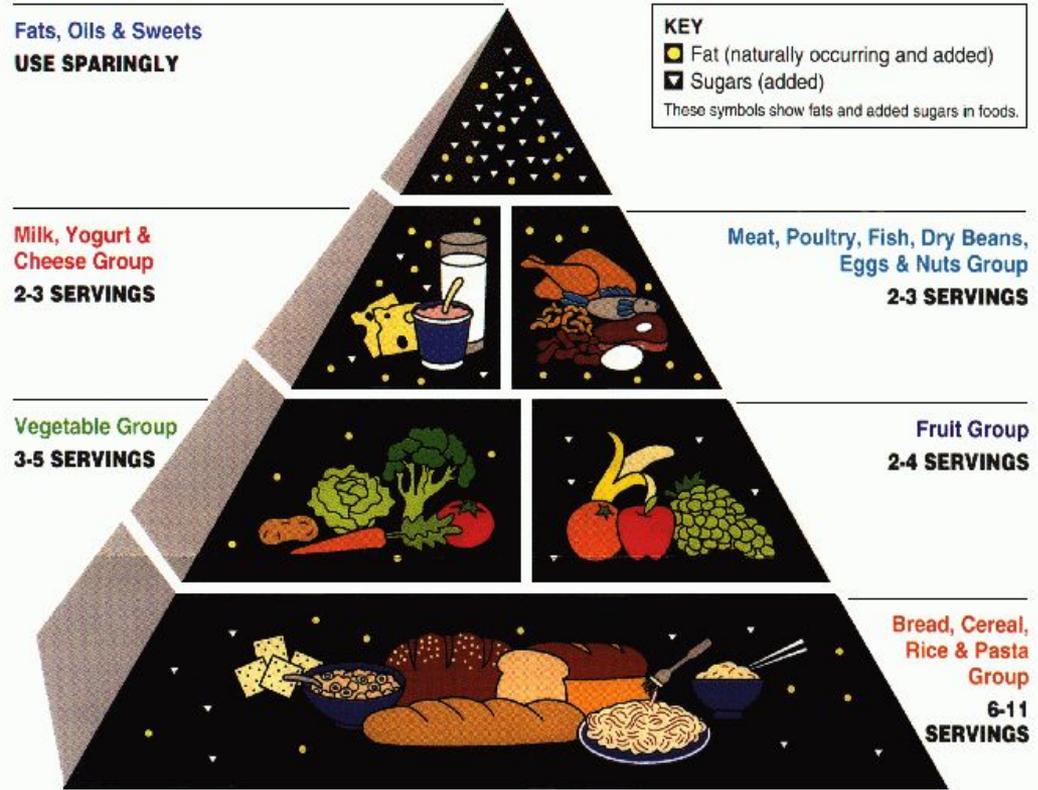


Healthy looks like a lot of things across different cultures and traditions!



1992 Food Guide Pyramid

- Total Diet Approach
- Developed using consumer research
- Concept: visual variety, moderation, and proportion
- Range of daily amounts for three calorie levels



2005

MyPyramid

- Introduced with 2005 Daily Guidelines for Americans
- 12 Calorie Levels
- Simplified Illustration
- Added color for “Oils” and showed physical activity
- Variety, moderation, and proportion

MyPyramid is now ...

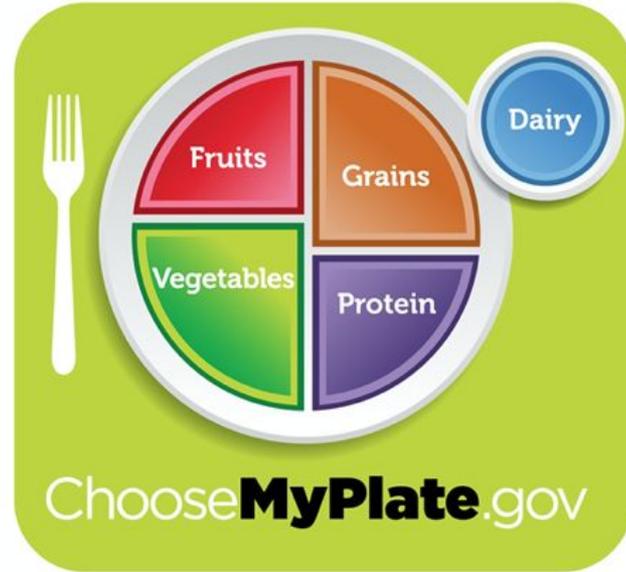


MyPyramid.gov
STEPS TO A HEALTHIER YOU

2011 MyPlate

- Introduced with 2010 Dietary Guidelines
- Different shape to grab attention
- Visual for healthy eating
- Linked to food and familiar mealtime symbol
- “MY” means personalization!

... MyPlate



What is MyPlate?

- Purpose: simple visual guide for healthy meal choices
- Uncomplicate “healthy”
- 5 groups: dairy, vegetables, fruits, grains, protein

How can MyPlate play an important role in your dietary quality?

- Manage weight
- Can help reduce risk of chronic disease by improving dietary quality
- Can help reduce risk of early mortality
- Better quality of life
- equip you to make healthy choices!



Where can you find information about MyPlate?

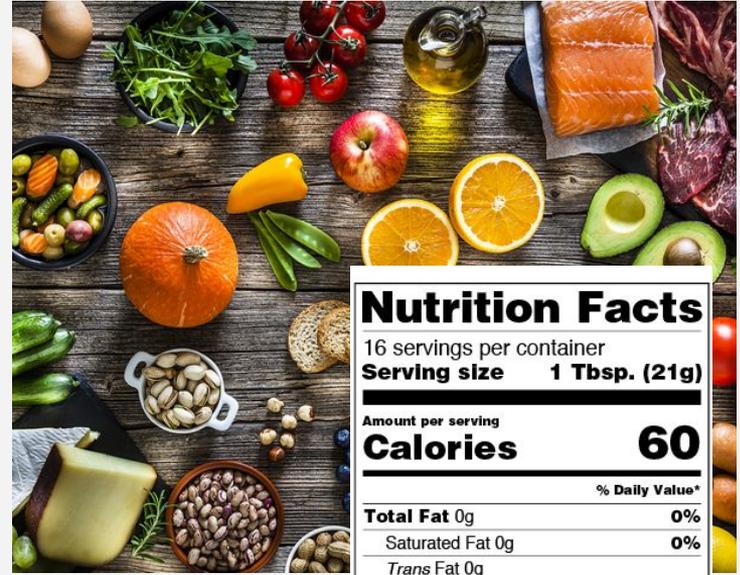
choosemyplate.gov

We'll go through where to
find tips & tools to help
you achieve your goals!

Building a Healthy Eating Style

More info online at choosemyplate.gov

- Variety, amount, & nutrition
 - Variety: choose from all 5 food groups
 - Amount: eat the right amount of calories
 - Nutrition: build a healthy eating style to maintain weight and reduce risk of disease
- Limit saturated fat, sodium, & added sugars
 - Nutrition facts label can show you this information
 - These foods are connected to many chronic diseases
- Small changes can lead to many benefits!



Nutrition Facts

16 servings per container
Serving size 1 Tbsp. (21g)

Amount per serving
Calories 60

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Total Sugars 17g	34%†

Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

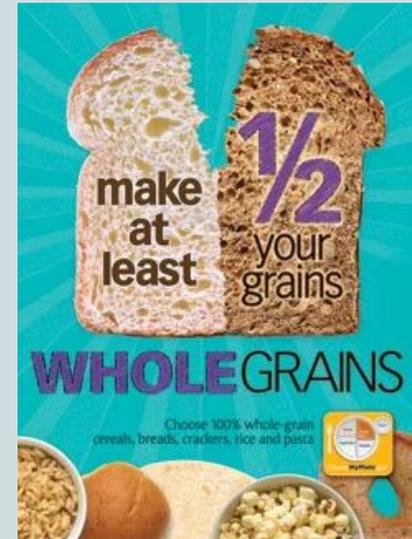
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
† One serving adds 17g of sugar to your diet and represents 34% of the Daily Value for Added Sugars.

Balancing
calories
that you
eat vs
spend

MyPlate Messages

Find these online at choosemyplate.gov

- Make half your plate fruits and veggies
 - Focus on whole fruits
 - Vary your veggies
- Make half your grains whole grains
- Move to low-fat and fat-free milk or yogurt
- Vary your protein routine
- Drink and eat less sodium, saturated fat, and added sugars



Get Your MyPlate Plan

Start



Age

Sex

Pregnant/
Breastfeeding

Weight pounds

Height feet

inches

Physical Activity

Calculate food plan



Fill in your info

Get your personalized MyPlate Plan!



United States Department of Agriculture



MyPlate Plan

Find your Healthy Eating Style

Everything you eat and drink matters. Find your healthy eating style that reflects your preferences, culture, traditions, and budget—and maintain it for a lifetime! The right mix can help you be healthier now and into the future. The key is choosing a variety of foods and beverages from each food group—and making sure that each choice is limited in saturated fat, sodium, and added sugars. Start with small changes—“MyWins”—to make healthier choices you can enjoy.

Food Group Amounts for 2,200 Calories a Day

Fruits	Vegetables	Grains	Protein	Dairy
2 cups	3 cups	7 ounces	6 ounces	3 cups
Focus on whole fruits	Vary your veggies	Make half your grains whole grains	Vary your protein routine	Move to low-fat or fat-free milk or yogurt
Focus on whole fruits that are fresh, frozen, canned, or dried.	Choose a variety of colorful fresh, frozen, and canned vegetables—make sure to include dark green, red, and orange choices.	Find whole-grain foods by reading the Nutrition Facts label and ingredients list.	Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry.	Choose fat-free milk, yogurt, and soy beverages (soy milk) to cut back on your saturated fat.



Limit Drink and eat less sodium, saturated fat, and added sugars. Limit:

- Sodium to **2,300 milligrams** a day.
- Saturated fat to **24 grams** a day.
- Added sugars to **55 grams** a day.

Be active your way: Children 6 to 17 years old should move **60 minutes** every day. Adults should be physically active at least **2 1/2 hours** per week.

NEW! Start Simple with MyPlate App!

- Pick your Goals
- See Real-Time Progress
- Earn Badges and Celebrate Success



Access MyPlate Tip Sheets!



Search MyPlate Tip Sheets

Adults

✓ - Select topic -

- ✓ Fruit Group
- Vegetable Group
- Grain Group
- Protein Foods Group
- Dairy Group
- Physical Activity
- Meal Planning
- Budget
- Shopping
- Food Safety

Search



Get Your MyPlate Plan

Learn more



Healthy Eating on a Budget

Learn more



What's Your Food Group IQ?

Learn more



United States Department of Agriculture

10 tips
Nutrition
Education Series



Based on the
Dietary
Guidelines
for Americans

Choose MyPlate

Use MyPlate to build your healthy eating style and maintain it for a lifetime. Choose foods and beverages from each MyPlate food group. Make sure your choices are limited in sodium, saturated fat, and added sugars. Start with small changes to make healthier choices you can enjoy.

1 Find your healthy eating style

Creating a healthy style means regularly eating a variety of foods to get the nutrients and calories you need. MyPlate's tips help you create your own healthy eating solutions—"MyWins."

6 Move to low-fat or fat-free milk or yogurt

Choose low-fat or fat-free milk, yogurt, and soy beverages (soymilk) to cut back on saturated fat. Replace sour cream, cream, and regular cheese with low-fat yogurt, milk, and cheese.



2 Make half your plate fruits and vegetables

Eating colorful fruits and vegetables is important because they provide vitamins and minerals and most are low in calories.

7 Vary your protein routine

Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry. Try main dishes made with beans or seafood like tuna salad or bean chili.



3 Focus on whole fruits

Choose whole fruits—fresh, frozen, dried, or canned in 100% juice. Enjoy fruit with meals, as snacks, or as a dessert.



4 Vary your veggies

Try adding fresh, frozen, or canned vegetables to salads, sides, and main dishes. Choose a variety of colorful vegetables prepared in healthful ways: steamed, sauteed, roasted, or raw.



8 Drink and eat beverages and food with less sodium, saturated fat, and added sugars

Use the Nutrition Facts label and ingredients list to limit items high in sodium, saturated fat, and added sugars. Choose vegetable oils instead of butter, and oil-based sauces and dips instead of ones with butter, cream, or cheese.



5 Make half your grains whole grains

Look for whole grains listed first or second on the ingredients list—try oatmeal, popcorn, whole-grain bread, and brown rice. Limit grain-based desserts and snacks, such as cakes, cookies, and pastries.



9 Drink water instead of sugary drinks

Water is calorie-free. Non-diet soda, energy or sports drinks, and other sugar-sweetened drinks contain a lot of calories from added sugars and have few nutrients.

10 Everything you eat and drink matters

The right mix of foods can help you be healthier now and into the future. Turn small changes into your "MyPlate, MyWins."

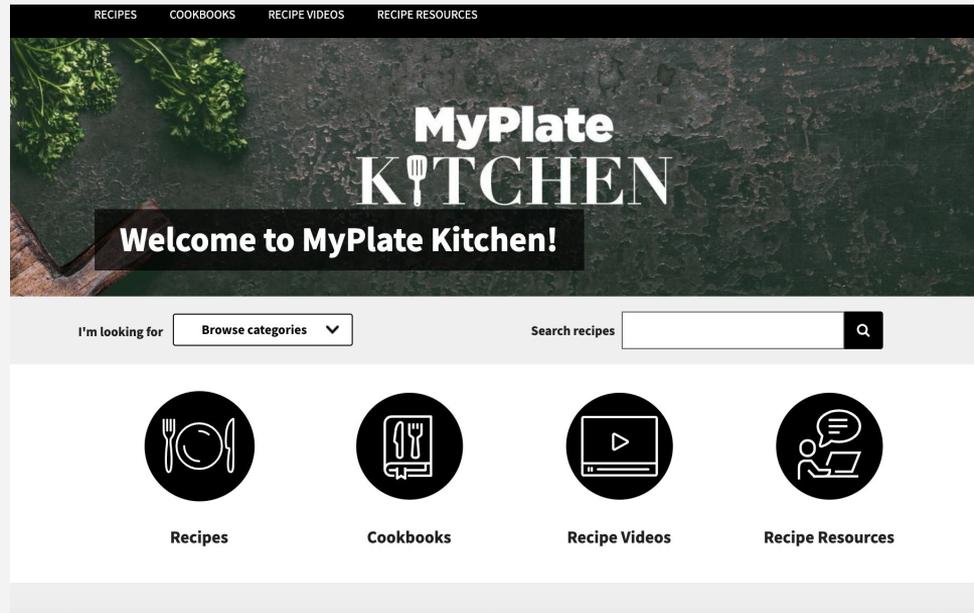
Center for Nutrition Policy and Promotion
USDA is an equal opportunity provider, employer, and lender.

Go to [ChooseMyPlate.gov](#) for more information.

DDG TipSheet No. 1
June 2011
Revised October 2016

Recipes & Balanced Meals

<https://www.choosemyplate.gov/myplatekitchen>



Roasted Brussels Sprouts, Potatoes and Chicken Recipe

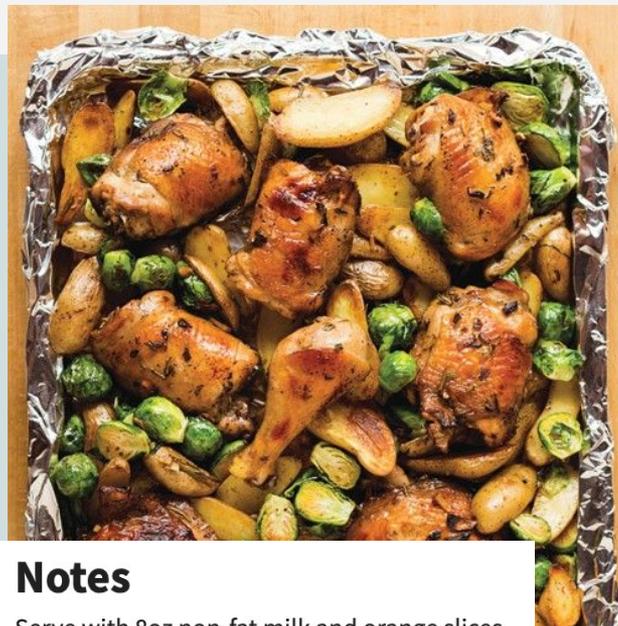
<https://www.choosemyplate.gov/recipes/myplate-cnpp/roasted-brussels-sprouts-potatoes-and-chicken>

Ingredients

- 3 cups brussels sprouts (fresh or frozen halved vertically, about 3/4 pound)
- 4 small red potatoes (cut into chunks)
- 1/2 cup chopped onion
- 2 cloves garlic (minced)
- 2 tablespoons olive oil
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1/2 cup non-fat ricotta cheese (or cottage cheese)
- 1/4 cup Part-skim mozzarella cheese (shredded)
- 2 tablespoons non-fat milk
- 1 pound boneless chicken breast (4 portions)

Directions

1. Preheat oven to 325 degrees Fahrenheit.
2. In a 2 quart baking dish coated with cooking spray, toss Brussels sprouts, potatoes, onion, and garlic with 1 T olive oil, salt, and pepper.
3. In a small bowl, mix cheese with milk.
4. Coat chicken breasts with remaining olive oil.
5. Nest among vegetables in baking dish.
6. Top with cheese mix.
7. Cover with foil and bake for 40-45 minutes or until chicken is done.



Notes

Serve with 8oz non-fat milk and orange slices.

Source:

Produce for Better Health Foundation

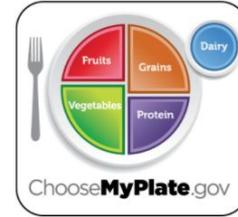
Nutrition Information

▼ Show Full Display

Nutrients	Amount
Total Calories	400
Total Fat	12 g
Saturated Fat	3 g
Cholesterol	75 mg
Sodium	370 mg
Carbohydrates	40 g
Dietary Fiber	6 g
Total Sugars	6 g
Added Sugars included	0 g
Protein	35 g
Vitamin D	0 mcg
Calcium	207 mg
Iron	3 mg
Potassium	1318 mg

N/A - data is not available

MyPlate Food Groups



MyPlate Food Groups

 Vegetables	2 1/4 cups
 Protein Foods	2 1/2 ounces
 Dairy	1/2 cups

Pair this recipe with your favorite grain (like whole wheat bread or brown rice) and a piece of fruit!

Balanced Breakfast

- Two Scrambled Eggs with Spinach
- Two Slices Whole Grain Toast w/ one pat butter
- Strawberries, blueberries, and low-fat yogurt
- Coffee or Tea
- Glass of water



Balanced Lunch

- Turkey Sandwich with cheese, tomato, lettuce, and mustard on whole wheat bread
- Low sodium vegetable soup
- One cup grapes
- Glass of water



Balanced Dinner

- Baked Chicken Breast (6oz)
- Garden Salad with two tbs salad dressing
- Whole wheat dinner roll
- One Baked Sweet Potato
- Glass of water
- Fresh Fruit



Balanced Beverages

WATER, WATER, WATER

- Why? Your body needs it to survive!
 - Prevents dehydration
 - Helps digestion
 - Healthy skin and nails
 - Prevents kidney damage
- Found in many foods: fruits, vegetables

Limit amounts of: soda, sweetened drinks

Other options: Carbonated water, unsweetened teas



Balanced Snacking

Try to pair food groups!

Why?

- Lasting energy through the day

Examples:

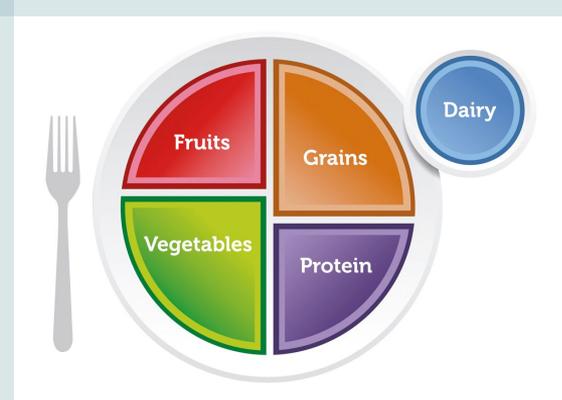
- Apples & peanut butter
- Carrots & hummus
- Banana & peanut butter toast
- Yogurt & granola



RECAP! Today we learned about...

1. MyPlate: background & benefits
2. Resources available at [choosemyplate.gov](https://www.choosemyplate.gov)
 - a. MyPlate Plan, MyPlate app, recipes, tip sheets
3. Making balanced beverage & snack choices

- Variety, amount, & nutrition
 - Choose from all 5 food groups
 - Balanced calories
 - Build a **healthy eating style** to maintain weight and reduce risk of disease
- Limit saturated fat, sodium, & added sugars
- **Small changes can lead to many benefits!**



References

"A Brief History of USDA Food Guides." *ChooseMyPlate*,

www.choosemyplate.gov/eathealthy/brief-history-usda-food-guides.

"MyPlate Plan." *ChooseMyPlate*, www.choosemyplate.gov/resources/MyPlatePlan.

"Roasted Brussels Sprouts, Potatoes, and Chicken." *ChooseMyPlate*,

www.choosemyplate.gov/recipes/myplate-cnpp/roasted-brussels-sprouts-potatoes-and-chicken.

Start Simple With MyPlate App, 5 Mar. 2020, youtu.be/57H3DrD8kol.

"Start Simple with MyPlate App." *ChooseMyPlate*, www.choosemyplate.gov/startsimpleapp.

"Welcome to MyPlate Kitchen!" *ChooseMyPlate*, www.choosemyplate.gov/myplatekitchen.

"What Is MyPlate?" *ChooseMyPlate*, www.choosemyplate.gov/eathealthy/WhatIsMyPlate.

Questions?



Use this QR
code to access
the post-quiz!

