

What Plate? Who's Plate? MyPlate.

Make half of your plate fruits and vegetables.

- Any fruit or 100% fruit juice counts as part of the fruit group. Fruits may be fresh, canned in their own juice or lite syrup, and frozen or dried without added sugar.
- Any vegetable or 100% vegetable juice counts as a member of the vegetable group. They may be fresh, frozen, canned, or dried/dehydrated. Vegetables are naturally low in sodium so stay away from a lot of added salt in canned and some frozen varieties.

With protein, variety is key. All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy product, nuts and seeds are considered part of the protein food group. Select a variety of protein foods to improve nutrient intake. Choose 8 ounces of cooked seafood per week for essential omega-3 fatty acids. Choose lean or low-fat meat or poultry and include plant proteins regularly to avoid consuming too much saturated fat.

MyPlate was developed based on the 2010 *Dietary Guidelines for Americans* (DGA's) which was released in January 2011. It was designed to help consumers make better food choices and to remind Americans to eat more healthfully at each meal.

Key points of the 2010 DGA's:

- Balance Calories—enjoy your foods, but eat less & avoid oversized portions
- Foods to Increase—fruits, veggies, whole grains, fat-free or low-fat milk.
- Foods to Reduce—sodium & sugary drinks



Switch to fat-free or low-fat

milk. Milk, cheese, yogurt, calcium fortified soy beverages, and milk based desserts are a part of the dairy food group. Low-fat versions of these products contain similar amounts of vitamins and minerals—without the empty calories from extra fat and sugar.

Make at least half your grains whole grains.

- Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product.
- Whole grains contain the entire grain kernel including fiber, vitamins, and minerals.
- Refined grains have been milled—removing fiber, iron, and many B vitamins.