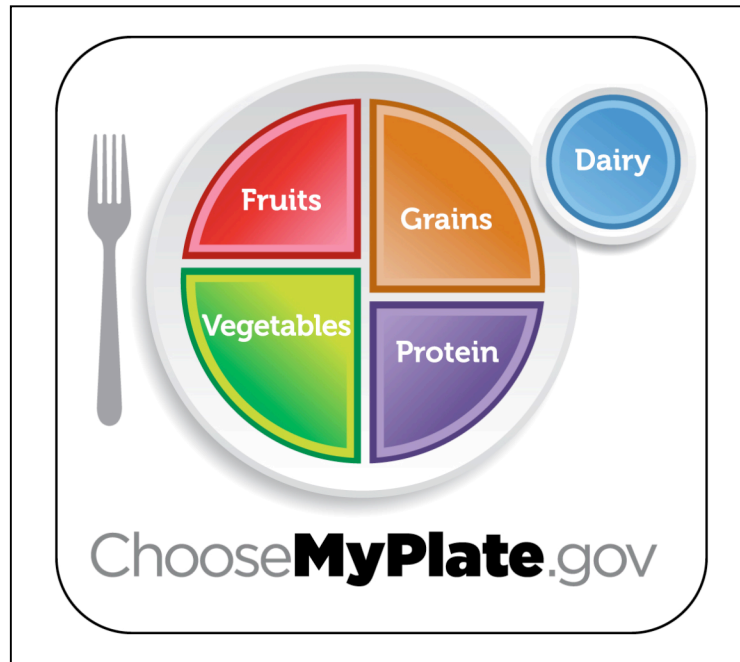


## AoW 1

### Directions:

1. Mark your confusion.
2. Show evidence of a close reading. Mark up the text with questions and/or comments.
3. Write a one-page reflection on your own sheet of paper.



The Food Pyramid is now MyPlate. The U.S. guide to eating healthy now looks like a dinner plate, with recommendations for how much of which each food group people should eat. Fruits (red) and vegetables (green) make up more than half of the plate, with grains (orange) and protein (purple) filling out the rest. Suggesting a glass of milk, dairy appears as a blue circle adjoining the plate.

The main vehicle for sharing the information is the ChooseMyPlate website, which has a large amount of informative Q&As (defining such things as "empty calories" and "added sugars", checklists, and interactive tools, including a daily food planner. On the site is a feature titled MyFood-a-pedia, which allows students and adults to search a large encyclopedia of food knowledge for information about portions and calories, as well as compare two foods to see which is higher in certain vitamins or minerals. Advice includes varying the amount of kind of healthy foods consumed and a focus on lean protein and dairy and whole grains. Also emphasized is the need to keep food safe from spoiling.

The change in the look of the food guidelines is part of the First Lady's Let's Move! campaign to combat childhood obesity. Michelle Obama also broke ground on a White House vegetable garden a couple years ago.

The site also has information on combining a healthy diet with appropriate amounts of physical exercise.

**10 tips**  
Nutrition  
Education Series

# choose MyPlate

## 10 tips to a great plate



**Making food choices for a healthy lifestyle can be as simple as using these 10 Tips.**

Use the ideas in this list to *balance your calories*, to choose foods to *eat more often*, and to cut back on foods to *eat less often*.

### 1 balance calories

Find out how many calories YOU need for a day as a first step in managing your weight. Go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) to find your calorie level. Being physically active also helps you balance calories.

### 2 enjoy your food, but eat less

Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.



### 3 avoid oversized portions

Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

### 4 foods to eat more often

Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.



### 5 make half your plate fruits and vegetables

Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

### 6 switch to fat-free or low-fat (1%) milk

They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.



### 7 make half your grains whole grains

To eat more whole grains, substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.

### 8 foods to eat less often

Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.

### 9 compare sodium in foods

Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled "low sodium," "reduced sodium," or "no salt added."



### 10 drink water instead of sugary drinks

Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.



Go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) for more information.

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Possible topics:

How does your current diet compare to the government's new recommendations?

What prevents you from eating a better diet?

What can you do to eat a healthier diet?