Getting Started with MyPlate

Choose**MyPlate**.gov

MyPlate Icon

- MyPlate is part of a larger communications initiative based on *2010 Dietary Guidelines for Americans* to help consumers make better food choices.
- MyPlate is designed to *remind* Americans to eat healthfully; it is not intended to change consumer behavior alone.
- MyPlate illustrates the five food groups using a familiar mealtime visual, a place setting.

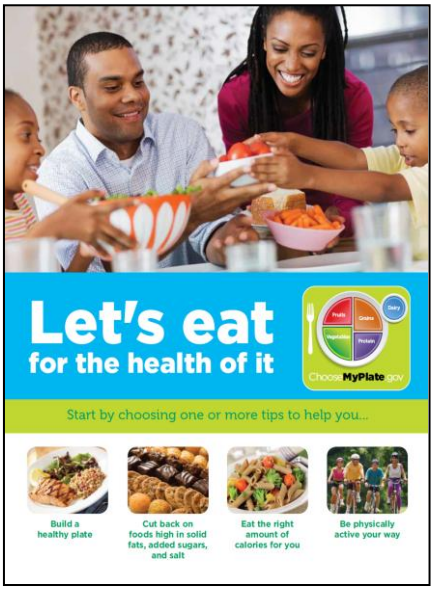
ChooseMyPlate.gov

- The website features practical information and tips to help Americans build healthier diets.
- It features selected messages to help consumer focus on key behaviors. Selected messages include:
  - **Balancing Calories**
    - Enjoy your food, but eat less.
    - Avoid oversized portions.
  - **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.
  - **Foods to Reduce**
    - Compare sodium in foods like soup, bread, and frozen meals—and choose foods with lower numbers.
    - Drink water instead of sugary drinks.

- Choose**MyPlate**.gov includes much of the consumer and professional information formerly found on MyPyramid.gov.

Consumer Resources

Let's Eat for the Health of It
The 2010 Dietary Guidelines brochure



This brochure contains practical strategies to make healthy food choices. The Brochure highlights themes from the Guidelines such as *Balancing Calories, Foods to Reduce,* and *Foods to Increase.* This resource is available online as a PDF and print copies will be available in the near future.

10 Tips Series

The 10 Tips Nutrition Education Series provides consumers and professionals with easy-to-follow tips in a convenient, printable format. Educators can use these to support existing lessons and consumers can choose one or more of these tips sheets to start making small changes toward healthier eating. These and many other printable items are available in Spanish.

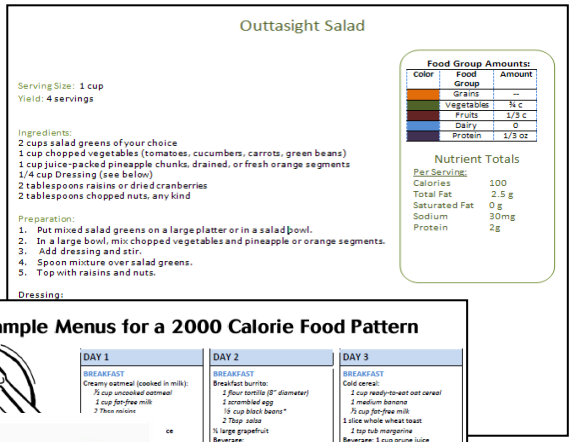
- Choose MyPlate
- Add more vegetables to your day
- Focus on fruits
- Make half your grains whole
- Got your dairy today?
- With protein foods, variety is key
- Build a healthy meal
- Healthy eating for vegetarians
- Smart shopping for veggies and fruits
- Liven up your meal with vegetables and fruits
- Kid-friendly veggies and fruits
- Be a healthy role model for children
- Cut back on your kid's sweet treats

Salt and sodium

- Eat seafood twice a week
- Eating better on a budget

Also on the web

- Sample Menus for a Week
- Food Group Based Recipes
- Historical Development of Food Guidance
- Nutrition Communicators Network for Partners – Application Forms
- All print-ready content



Outtasight Salad

Serving Size: 1 cup
Yield: 4 servings

Ingredients:
2 cups salad greens of your choice
1 cup chopped vegetables (tomatoes, cucumbers, carrots, green beans)
1 cup juice-packed pineapple chunks, drained, or fresh orange segments
1/4 cup Dressing (see below)
2 tablespoons raisins or dried cranberries
2 tablespoons chopped nuts, any kind

Preparation:
1. Put mixed salad greens on a large platter or in a salad bowl.
2. In a large bowl, mix chopped vegetables and pineapple or orange segments.
3. Add dressing and stir.
4. Spoon mixture over salad greens.
5. Top with raisins and nuts.

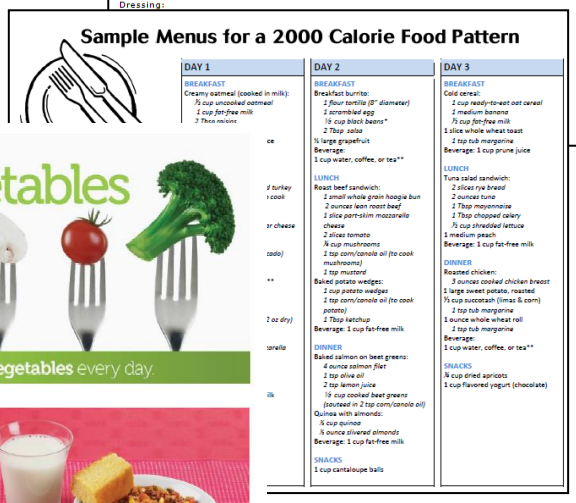
Dressing:

Food Group Amounts:

Color	Food Group	Amount
	Grains	--
	Vegetables	¾ c
	Fruits	1/3 c
	Dairy	0
	Protein	1/3 oz

Nutrient Totals
Per Serving:

Calories	100
Total Fat	2.5 g
Saturated Fat	0 g
Sodium	30mg
Protein	2g

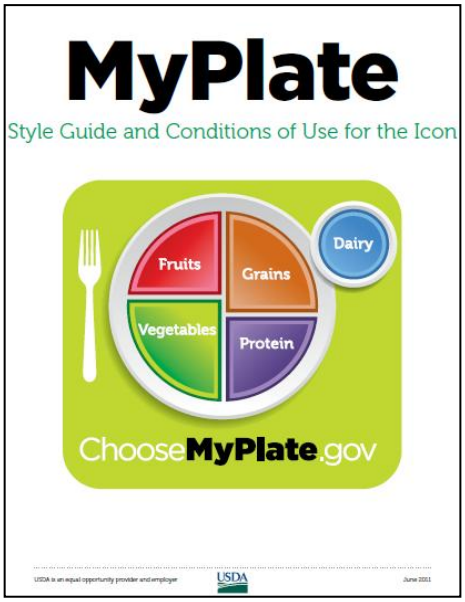


Sample Menus for a 2000 Calorie Food Pattern

DAY 1	DAY 2	DAY 3
BREAKFAST Creamy oatmeal (cooked in milk): ½ cup uncooked oatmeal 1 cup fat-free milk 2 Tbsp raisins	BREAKFAST Breakfast burrito: 1 flour tortilla (8" diameter) 1 scrambled egg ½ cup black beans* 2 Tbsp salsa ½ large grapefruit Beverage: 1 cup water, coffee, or tea**	BREAKFAST Cold cereal: 1 cup ready-to-eat oat cereal 1 medium banana ½ cup fat-free milk 1 slice whole wheat toast 1 tsp tub margarine Beverage: 1 cup prune juice
	LUNCH Roast beef sandwich: 1 small whole grain hoagie bun 2 ounces lean roast beef 1 slice part-skim mozzarella cheese 2 slices tomato ¼ cup mushrooms 1 tsp corn/canola oil (to cook mushrooms) 1 tsp mustard Baked potato wedges: 1 cup potato wedges 1 tsp corn/canola oil (to cook potato) 1 Tbsp ketchup Beverage: 1 cup fat-free milk	LUNCH Tuna salad sandwich: 2 slices rye bread 2 ounces tuna 1 Tbsp mayonnaise 1 Tbsp chopped celery ½ cup shredded lettuce 1 medium peach Beverage: 1 cup fat-free milk
	DINNER Baked salmon on beet greens: 4 ounce salmon fillet 1 tsp olive oil 2 tsp lemon juice ½ cup cooked beet greens (sautéed in 2 tsp corn/canola oil) Quinoa with almonds: ½ cup quinoa ½ ounce slivered almonds Beverage: 1 cup fat-free milk	DINNER Roasted chicken: 3 ounces cooked chicken breast 1 large sweet potato, roasted ½ cup succotash (limas & corn) 1 tsp tub margarine 1 ounce whole wheat roll 1 tsp tub margarine Beverage: 1 cup water, coffee, or tea**
	SNACKS 1 cup cantaloupe balls	SNACKS ¼ cup dried apricots 1 cup flavored yogurt (chocolate)

Smokin' Powerhouse Chili
by West Junior High School, *Hopkins, MN*

This vegetarian quinoa (pronounced KEEN wah) chili is "the bomb"! As a main dish, it has a smoky blend of spices and some of Minnesota's best harvest that will warm you up from the inside out on a cold day! This thoughtful blend of vegetables and legumes, combined with the perfect protein of the ancient Aztec grain,

MyPlate Style Guide

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