

A healthy diet is one of the keys to healthier living. The colorful sections of the MyPlate symbol are designed to show us all how to build a healthy plate. If your plate looks like MyPlate, you're taking steps to better health.

make MyPlate  
your plate



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foodthatfitsyourlife<sup>®</sup>

**The USDA's MyPlate food guidance system is comprised of the new MyPlate symbol and other materials to help Americans make healthy food choices and to be active every day.**

The ChooseMyPlate.Gov website has practical information and tips to help Americans build healthier diets. The site provides resources to help consumers focus on key behaviors for better health, including:

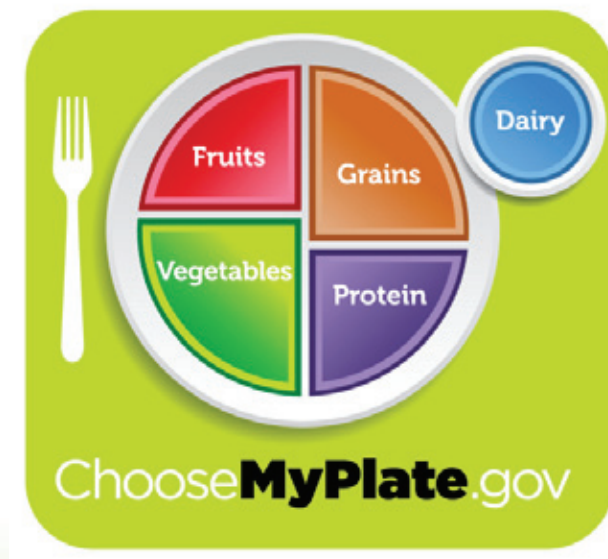
- Balance calories – enjoy your food, but eat less.
- Avoid oversized portions.
- Increase consumption of nutrient dense whole foods like fruits and vegetables, whole grains and fat-free or low fat dairy products.
- Reduce consumption of foods that are high in sodium and sugar. Compare sodium in foods like soup, bread, and frozen meals. And drink water or other low or reduced calorie beverages instead of sugary drinks.

The ChooseMyPlate.Gov website also emphasizes the importance of physical activity in a healthy lifestyle. Since most people do not get enough physical activity the site highlights how “people of all types, shapes, sizes, and abilities can benefit from being physically active.” The site reinforces that, “the more you do, the greater the health benefits and the better you'll feel.”

For more information about MyPlate, access to resources for weight and calorie management, and tools to track your diet and activity levels go on-line to ChooseMyPlate.Gov

**Since everyone's health history and nutritional needs are so different, please make sure that you talk with your doctor and a registered dietitian to get advice about the diet and exercise plan that's right for you!**

My Plate  
for better  
health



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# MyPlate For Better Health

*Best ways to get your plate in shape:*

## The new MyPlate

Eating right seems so complicated!

Calories and carbs; vitamins and minerals; sodium and sugars; good fats and bad fats – sometimes it seems like you need to be a food scientist to keep track of it all. 🌿

But making healthy choices can be simple with MyPlate – the new symbol for healthy eating. MyPlate is a simple visual guide to following the Dietary Guidelines for Americans. With MyPlate, the U.S. Department of Agriculture has summarized the advice of some of our country's leading doctors, scientists and nutrition experts. 🍅

MyPlate encourages all of us to eat nutrient dense foods and to achieve 'calorie balance' for a healthy weight and better overall health. Learn all about MyPlate and how it can help you take steps towards better health. 🍌

## Fill half your plate with fruits and vegetables

The research is conclusive – fruits and vegetables are one of the keys to better health. Most of us don't get enough. So try to make fruits and vegetables a part of every meal and snack. Any steps you take towards the MyPlate goal of 'half your plate' are worthwhile steps towards better health.

## Go with the 'whole' grain

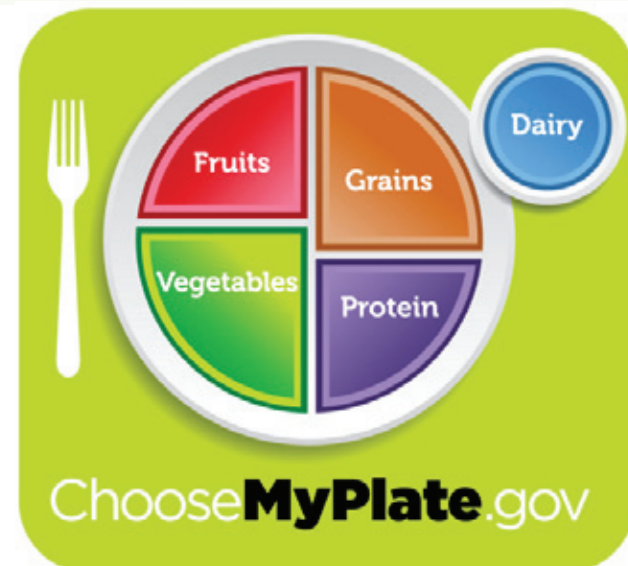
Whole grains are so good for your health because they include the entire grain – none of the healthy parts are removed during processing. So the MyPlate goal is to make at least half your bread, rice, cereal and other grains, whole grains. And try to keep grains to around a quarter of your plate to save lots of room for fruits and vegetables.

## Vary your protein

Keep meat portions small and lean, make seafood your protein of choice twice a week and eat plant based proteins like beans, soy and nuts more often. And since the average American gets around twice the recommended amount of protein each day, try to keep your protein servings small (just under a quarter of your plate).

## Enjoy low fat dairy

Calcium is important for building and maintaining strong bones, and dairy products are a good source of calcium. So enjoy milk, cheese, yogurt and other dairy products, but since dairy products can be high in saturated fat, make healthier low fat or fat free choices, and choose options without added sugar.



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To learn more about MyPlate go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) or read the Just4U Nutrition News You Can Use "MyPlate for Better Health."

*\*The MyPlate icon and ChooseMyPlate website are created and provided by the U.S. Department of Agriculture.*