

National Nutrition Month® 2012

Each year the Academy of Nutrition and Dietetics (formerly known as the American Dietetic Association) designs a campaign aimed at bringing attention to making informed food choices and staying physically active. This year's theme is "Get Your Plate in Shape"!

"Get Your Plate in Shape", which follows the same guidelines as the new MyPlate (previously known as MyPyramid), focuses on eating a variety of foods from all food groups. By using a dinner plate, it emphasizes portion control of each food group by dividing the plate into 4 sections. To complete the meal it recommends including a nutritious glass of milk.

Try the following tips to "Get Your Plate in Shape"

Make half your plate fruits & vegetables.

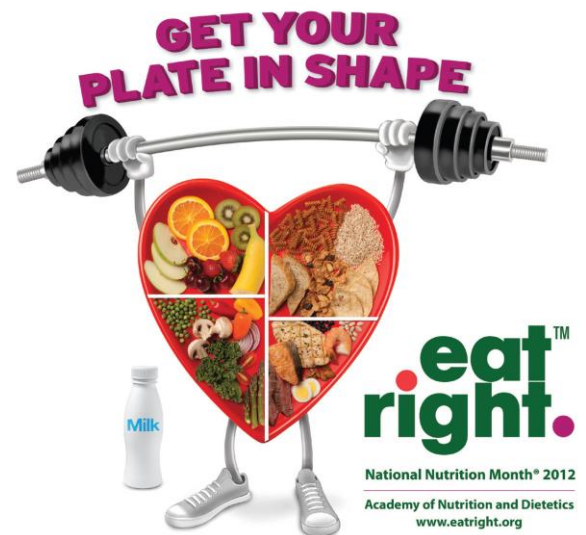
- Eat a variety of vegetables.
- Fresh, frozen and canned vegetables all count.
- Choose reduced sodium or no-salt-added canned vegetables.
- Add fruit to meals & snacks. Buy fruits that are dried, frozen or canned in water or 100% juice, as well as fresh fruits.

Prepare a quarter of your plate with whole grains.

- Choose 100% whole-grain breads, cereals, crackers, pasta & brown rice.

Prepare a quarter of your plate with a healthy protein.

- Eat a variety of food from the protein food group each week, such as seafood, nuts & beans, as well as lean meat, poultry and eggs.



Switch to fat-free or low-fat dairy products

- Fat-free and low-fat dairy products have the same amount of calcium and other essential nutrients as whole fat dairy products, but with less fat and calories.
 - If you are lactose intolerant, try lactose free milk or calcium-fortified soy or rice products.
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Meal Ideas for One Day

Breakfast

- 1 egg scramble with 1 cup spinach
- 1 slice of whole grain toast with 1 tablespoon of peanut butter
- 1 piece of fruit
- 8 ounces of fat-free or low-fat milk or 1 cup fat-free or low-fat yogurt

Lunch

- 2 ounces of tuna - mixed with 1 tablespoon of mayonnaise & 1 tablespoon chopped celery
- 2 slices whole grain bread
- ½ cup shredded lettuce
- 1 small apple
- 8 ounces fat-free or low-fat milk or 1 ½ ounces of fat-free or low-fat cheese for the sandwich

Dinner

- 3 ounces of skinless chicken breast
- 1 small potato (roughly ½ cup) baked or mashed
- 1 cup steamed carrots
- 8 ounces of fat-free or low-fat milk or 1 ½ ounces of fat-free or low-fat cheese for the potato

❖ Similar to # 20 Meals on Wheels Meal

Snack

- ½ cup strawberries or any other type of berry
- ½ cup fat-free or low-fat ice cream/frozen yogurt

