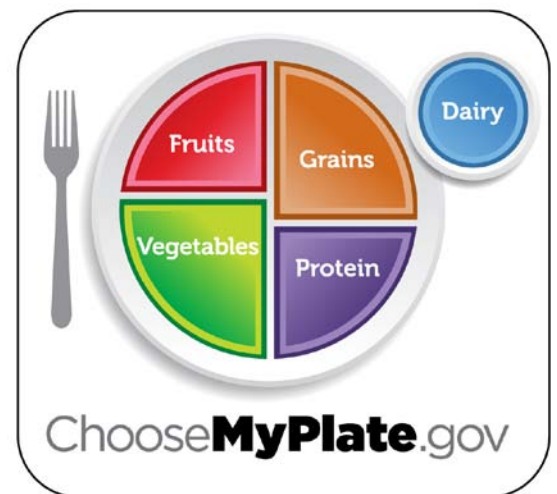


## Choose MyPlate

On June 2, 2011 the federal government unveiled the new food icon, MyPlate to help promote and educate consumers on healthier food choices. The new MyPlate image will replace the old MyPyramid image. The new MyPlate image emphasizes eating foods from all food groups to ensure adequate nutrition and balanced meals. A healthy meal begins with adding more fruits and vegetables and choosing smaller portions of protein and grains.



### 10 Tips for Building a Healthy Meal

- 1. Make half your plate veggies and fruits:** Vegetables and fruits are full of nutrients and may help to promote good health. Choose red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.
- 2. Add lean protein:** Choose protein foods such as lean beef, pork, chicken, turkey, beans or tofu. Twice a week make seafood the protein on your plate
- 3. Include whole grains:** Aim to make at least half your grains whole grains. Look for the words “100% whole grain or 100% whole wheat” on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

**4. Don't forget dairy:** Pair your meal with a cup of fat-free or low-fat milk. They provide the same amount of calcium and other nutrients as whole milk, but less fat and calories. Don't drink milk? Try soy milk or include fat-free or low-fat yogurt into your meal.

**5. Avoid extra fat:** Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. Try other options like sprinkling of low-fat parmesan cheese or a squeeze of lemon for added flavor.

**6. Take your time:** Savor your food. Eat slowly; enjoy the taste and textures, and pay attention to how you feel. Be mindful. Eating very quickly may cause you to eat too much.

**7. Use a smaller plate:** Use a smaller plate to help control portions, and therefore calories.

**8. Take control of your food:** Eat at home more often so you know exactly what you are eating. If you eat out, check, and compare the nutrition information. Choose healthier options such as baked instead of fried.

**9. Try new foods:** Keep it interesting by picking out new foods you've never tried before. You may find a new favorite!

**10. Satisfy your sweet tooth in a healthy way:** Indulge in a naturally sweet dessert dish – fruit! Serve a fresh fruit cocktail or baked apples topped with cinnamon for a healthier treat.



\* Tips courtesy of [.ChooseMyPlate.gov](https://www.choosemyplate.gov)

