

Guidelines for MyPlate

Key Messages:

We need foods from all five food groups at our meals
Half our plate should be fruits and vegetables

Major ideas:

1. Eat the right number of calories need for you in order to achieve and maintain a healthy weight.
2. Physical activity and diet are important regardless of weight.
3. Focus on consuming nutrient dense foods and beverages. (food low in solid fat and added sugar)

The new Dietary Guidelines 2010 recommend making changes in three areas:

1. Balancing Calories

◆ Enjoy your food, but eat less.

- Think before you eat...is it worth the calories?
- Eat only until you are satisfied, not full.
- Look for foods that are lower in calories
 - Decrease your intake of added fats and sugars.
 - Use a smaller plate, bowl, and glass.



Moderation is Key

◆ Avoid oversized portions

2. Foods to Increase

* Make half your plate fruits and vegetables

- Eat a variety, especially dark-green, red and orange, and cooked dry beans and peas
- Eat whole fruit more often than juice

* Make at least half your grains whole grains

- Replace refined grains with whole grains
- Look for the word "whole" before the name of the grain on the ingredients list

* Switch to fat-free or 1% milk or calcium fortified soy milk

- If you are drinking whole milk, gradually switch to lower fat options.

3. Foods to Reduce

* Cut back on foods high in solid fats, added sugars, and salt

* Compare sodium in foods like soup, bread, bread, and frozen meals – and choose the foods with the lower numbers.

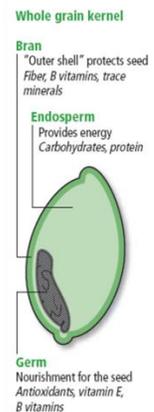
- Reduce daily sodium to less than 2,300 mg. (1500 mg for those 51 or older, any age African American, have high blood pressure, diabetes or chronic kidney disease.)

- Add spices and herbs to season food without adding salt

* Choose foods and drinks with little or no added sugars

* Drink water instead of sugary drinks

* Eat fewer foods that are high in solid fats



- Make major sources of saturated fats – such as cakes, cookies, ice cream, pizza, cheese, sausages, and hot dogs – occasional choices, not everyday foods
- Select lean cuts of meat
- Switch from solid fats to oils when preparing foods

Recommended Behaviors



Be physically active your own way.

- Physical activity and diet are important regardless of weight!
- Attaining a desirable weight isn't enough to be healthy if you didn't follow a healthy diet and be physically active to attain it.

Adults should do at least 2 hours and 30 minutes each week of aerobic physical activity at a moderate level OR 1 hour and 15 minutes each week of aerobic physical activity at a vigorous level.

Being active 5 or more hours each week can provide even more health benefits. Spreading aerobic activity out over at least 3 days a week is best. Also, each activity should be done for at least 10 minutes at a time.

Adults should also do strengthening activities, like push-ups, sit-ups and lifting weights, at least 2 days a week.



Use food labels to help you make better choices.

10 Tips for Healthy Meals

1. Make half your plate veggies and fruits
2. Add lean protein. Twice a week make seafood the protein on your plate
3. Include whole grains
4. Don't forget the dairy
5. Avoid extra fat
6. Take your time eating
7. Use smaller plates to help with portion control
8. Take control of your food – choose healthier options (baked versus fried), make it yourself, read nutrition labels
9. Try new foods, you may find a new favorite
10. Satisfy your sweet tooth in a healthy way – fruit

Your Daily Calorie Needs

The calorie levels in each gender and age group are based on persons of average height and at a healthy weight. Use the **Estimated Daily Calorie Needs** chart to find a calorie level that's right for you. Find your gender and age. Then select the activity level that best describes your lifestyle.

Estimated Daily Calories Needs			
Activity Level	Sedentary	Moderate	Active
Females			
19-30	2,000	2,200	2,400
31-50	1,800	2,000	2,200
51-60	1,600	1,800	2,200
61+	1,600	1,800	2,000
Males			
19-30	2,400	2,600	3,000
31-50	2,200	2,400	2,800
51+	2,000	2,200	2,600

Build Your Eating Plan

Find your calorie level at the top of the **My Eating Plan** chart. Follow the column below your calorie level to see how much food to eat from each of the food groups. Use these amounts to help plan your meals.

My Eating Plan									
Calorie Level	1,600	1,800	2,000	2,200	2,400	2,600	2,800	3,000	3,200
Fruits	1½ cups	1½ cups	2 cups	2 cups	2 cups	2 cups	2½ cups	2½ cups	2½ cups
Vegetables	2 cups	2½ cups	2½ cups	3 cups	3 cups	3½ cups	3½ cups	4 cups	4 cups
Grains	5 oz	6 oz	6 oz	7 oz	8 oz	9 oz-	10 oz	10 oz	10 oz
Meat and Beans	5 oz	5 oz	5½ oz	6 oz	6½ oz	6½ oz	7 oz	7 oz	7 oz
Milk	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups
Oils	5 tsp	5 tsp	6 tsp	6 tsp	7tsp	8 tsp	8 tsp	10 tsp	11 tsp



Make Half Your Grains Whole

Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product. Grains are divided into two subgroups, **whole** grains and **refined** grains. Whole grains contain the entire grain kernel—the bran, germ, and endosperm. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases

Tips to help you eat whole grains

1. **Make simple switches** - substitute a whole-grain product for a refined-grain product.
2. **Whole grains can be healthy snacks** – popcorn with little or no salt or butter, 100% whole wheat crackers
3. **Use whole grains in mixed dishes**, such as barley in vegetable soups or stews and bulgur wheat in casseroles or stir-fries.

4. **Try brown rice or whole-wheat pasta.**
5. **Bake up some whole-grain goodness** - Experiment by substituting buckwheat, millet, or oat flour for up to half of the flour in pancake, waffle, muffin, or other flour-based recipes.
6. **Know what to look for on the ingredients list** - Read the ingredients list and choose products that name a whole-grain ingredient *first* on the list.
7. **Be a smart shopper** - The color of a food is not an indication that it is a whole-grain food. Foods labeled as “multi-grain,” “stone-ground,” “100% wheat,” “cracked wheat,” “seven-grain,” or “bran” are usually not 100% whole-grain products, and may not contain **any** whole grain.

Add More Vegetables to Your Day

It's easy to eat more vegetables! Eating vegetables is important because they provide vitamins and minerals and most are low in calories.

Tips to help you eat more vegetables

1. Discover fast ways to cook - Cook in the microwave, stir-fry, cut up and pre-package to use when time is limited.
2. Brighten your plate with vegetables that are red, orange, or dark green.
3. Check the freezer aisle - Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies.
4. Stock up on canned veggies – select lower or no salt added varieties.
5. Brighten your salad by using colorful vegetables such as black beans, red peppers, red cabbage.
6. Sip on some vegetable soup—Heat it and eat it. Try tomato, butternut squash, or garden vegetable soup. Look for reduced- or low-sodium soups.
7. When eating out - ask for an extra side of vegetables or side salad instead of the typical fried side dish.
8. Try something new - You never know what you may like.



Focus on Fruits

Eating fruit provides health benefits. Fruits provide nutrients vital for health, such as potassium, dietary fiber, vitamin C, and folate (folic acid). Most fruits are naturally low in fat, sodium, and calories. None have cholesterol. Any fruit or 100% fruit juice counts as a part of the Fruit Group.



Tips to help you eat more fruits

1. **Keep visible reminders** - Keep a bowl of whole fruit on the table, counter, or in the refrigerator.
2. **Think about taste** - Add fruits to sweeten a recipe or baked good, liven up a salad.
3. **Think about variety** - Buy fruits that are dried, frozen, and canned (in water or 100% juice) as well as fresh, so that you always have a supply on hand.
4. **Don't forget the fiber** - Make most of your choices whole or cut-up fruit, rather than juice, for the benefits that dietary fiber provides.
5. **Include fruit at breakfast** - top your cereal, add to pancakes; drink 100% juice or add to yogurt



- 6. Use fruit for dessert
- 7. Dried fruits make great snacks.
- 8. Make a tasty fruit smoothie.



With Protein Foods, Variety is Key

Protein foods include both animal (meat, poultry, seafood, and eggs) and plant (beans, peas, soy products, nuts, and seeds) sources. We all need protein—but most Americans eat enough, and some eat more than they need.

Tips for choosing protein

- 1. **Vary your protein food choices** - Experiment with main dishes made with beans or peas, nuts, soy, and seafood.
- 2. **Choose seafood twice a week** - Select a variety of seafood—include some that are higher in oils and low in mercury, such as salmon, trout, and herring.
- 3. **Make meat and poultry lean or low fat** - Trim or drain fat from meat and remove poultry skin.
- 4. **Have an egg** - One egg a day, on average, doesn't increase risk for heart disease.
- 5. **Eat plant protein foods more often** - Try beans and peas, soy products, nuts, and seeds.
- 6. **Choose unsalted nuts or seeds** as a snack, on salads, or in main dishes to replace meat or poultry.
- 7. **Try grilling, broiling, roasting, or baking**— they don't add extra fat.
- 8. **Think small** when it comes to meat portions
- 9. **Check the Nutrition Facts label to limit sodium.**



Got Your Dairy Today?

The Dairy Group includes milk, yogurt, cheese, and fortified soymilk. Choices should be low-fat or fat-free—to cut calories and saturated fat. Older children, teens, and adults need equivalent of 3 cups a day, while children 4 to 8 years old need 2½ cups, and children 2 to 3 years old need 2 cups.

Tips to help you eat and drink more fat-free or low-fat dairy foods

- 1. **“Skim” the fat** - Drink fat-free (skim) or low-fat (1%) milk. If you currently drink whole milk, gradually switch to lower fat versions. Choose fat-free or low-fat milk or yogurt more often than cheese.
- 2. **Top off your meals** - Use fat-free or low-fat milk on cereal and oatmeal. Top fruit salads and baked potatoes with low-fat yogurt instead of higher fat toppings such as sour cream.



3. **What about cream cheese?** Regular cream cheese, cream, and butter *are not* part of the dairy food group. They are high in saturated fat and have little or no calcium.

4. **Ingredient switches** – use lower fat options in baking and cooking

5. **Choose sweet dairy foods with care** – watch out for the amount of added sugar

6. **Caffeinating?** – use fat-free or low-fat milk instead of cream

7. **Take care of yourself and your family** –be a good role model. Routinely include low-fat or fat-free dairy foods with meals and snacks—for everyone’s benefit.



Salt and Sodium

It’s clear that Americans have a taste for salt, but salt plays a role in high blood pressure. Everyone, including kids, should reduce their sodium intake to less than 2,300 milligrams of sodium a day (about 1 teaspoon of salt). Adults age 51 and older, African Americans of any age, and individuals with high blood pressure, diabetes, or chronic kidney disease should further reduce their sodium intake to 1,500 mg a day.

Tips to help you cut back on salt and sodium

1. **Think fresh** - Most of the sodium Americans eat is found in processed foods.

2. **Cook more often at home**—where you are in control of what’s in your food.

3. **Fill up on veggies and fruits**—they are naturally low in sodium.

4. **Choose dairy and protein foods that are lower in sodium.**

5. **Adjust your taste buds** - Cut back on salt little by little—and pay attention to the natural tastes of various foods. Your taste for salt will lessen over time.

6. **Skip the salt** - Skip adding salt when cooking. Keep salt off the kitchen counter *and* the dinner table. Use spices, herbs, garlic, vinegar, or lemon juice to season foods.

7. **Read the Nutrition Facts label** – choose foods lower in sodium.

8. **Ask for low-sodium foods** when you eat out.

9. **Pay attention to condiments.**

10. **Boost your potassium intake** which may help to lower your blood pressure.



FATS

Fats are not represented in MyPlate. Fat is necessary as part of a healthy diet.

Some fats are food for us and some are not. Too much fat in the diet, especially the wrong kind can lead to heart disease, obesity and cancer.

Major kinds of dietary fat



1. Unsaturated Fats

- Liquid at room temperature (olive oil, canola oil, etc.)
- Considered “heart healthy”
- Helps lower LDL (bad) cholesterol

2. Saturated Fat

- Most are solid at room temperature
- Linked to heart disease
- Can raise LDL (bad) cholesterol



3. Trans fat

- Solid at room temperature, but started out as liquid oils
- Created by process of hydrogenation
- Known as the “really bad fats”

Empty Calories

Solid fats and added sugars add calories to the food but few or no nutrients. For this reason, the calories from solid fats and added sugars in a food are often called **empty calories**.

Solid fats are fats that are solid at room temperature, like butter, beef fat, and shortening. Some solid fats are found naturally in foods. They can also be added when foods are processed by food companies or when they are prepared.

Added sugars are sugars and syrups that are added when foods or beverages are processed or prepared.

Tips to decrease added sugars

Limit the amount of foods and beverages with added sugars you consume. Most added sugars come from sodas, sports drinks, energy drinks, juice drinks, cakes, cookies, ice cream, candy, and other desserts.

1. **Serve small portions** - Use smaller bowls and plates for these foods.
2. **Sip smarter** – drink water and low-fat milk most often
3. **Make fruit the everyday dessert** - Serve baked apples, pears, fruit salad or frozen juice bars (100% juice) instead of high-calorie desserts.
4. **Play detective in the cereal aisle**- choose cereal with lowest amount of sugar.
5. **Make treats “treats,” not everyday foods.**

A small amount of empty calories is okay, but most people eat *far more* than is healthy.

It is important to limit empty calories to the amount that fits your calorie and nutrient needs.

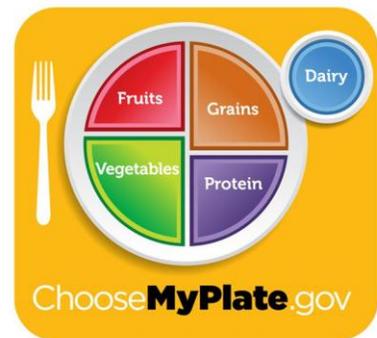
Remember the Basics

Good Nutrition + Physical Activity = Healthy Lifestyle



- Focus on fruits
- Vary your veggies
- Get your calcium-rich foods
- Make half your grains whole grains
- Go lean with protein

- Make smart choices within and among the food groups
- Find your balance between food and physical activity
- Get the most nutrients from your calories.



Sources: www.ChooseMyPlate.gov, *2010 Dietary Guidelines*, material from slideshows by Alice Henneman, University of Nebraska-Lincoln Cooperative Extension Service and Linda B. Bobroff, Ph.D., RD, Professor and Extension Nutrition Specialist, Dept. of Family, Youth and Community Sciences, IFAS, University of Florida