Eating According to MyPlate

Featuring MyPlate and the 2010 Dietary Guidelines
Project Sponsors

- USDA project funded through the Supplemental Nutrition Assistance Program (SNAP)
- School District of Philadelphia
- Department of Nutrition Sciences, Drexel University
Eat.Right.Now Nutrition Education Program

• **Mission:** to provide nutrition education to Supplemental Nutrition Assistance-eligible adults and children in the Philadelphia community

• Official Nutrition Education Program of the School District of Philadelphia

• Nutrition activities provided by trained nutrition educators
Why is a healthy diet important?

- Better school performance
- Developmental growth
- Helps manage weight and prevents overweight and obesity
- Reduces the risk of chronic disease
- Reduces the risk of early mortality
What is MyPlate?

• MyPlate is a tool designed to remind Americans to eat healthfully
• MyPlate illustrates the five food groups using a familiar mealtime visual, a place setting
Try to have vegetables from several subgroups each day.

Amounts based on a 2,000 calorie pattern
Make most choices fruit, not juice.

Choose MyPlate.gov

Amounts based on a 2,000 calorie pattern
Make at least half your grains whole grains.
Choose lean meat and poultry; Vary your choices.

Amounts based on a 2,000 calorie pattern.
Choose fat free or low-fat most often

Fruits

Grains

Vegetables

Protein

Dairy: 3 cups

Amounts based on a 2,000 calorie pattern

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MyPlate Key Messages

- Balancing Calories
- Foods to Increase
- Foods to Reduce
Balancing Calories

• Eat the right amount of calories for you
• Enjoy your food, but eat less
• Avoid oversized portions
• Stop eating when you feel full
• Cut back on foods high in SoFAS and empty calories
• Get enough physical activity
Physical Activity

• Choose activities you like to do
  – Aerobic
  – Muscle-strengthening
  – Bone-strengthening
  – Balance and stretching

• Start by doing what you can, at least 10 minutes at a time
Physical Activity Recommendations

- **Children:** 60 minutes of moderate to vigorous activity per day
- **Adults:** 2 hours and 30 minutes of moderate-vigorous activity a week
- Some adults may need up to 5 hours per week of moderate-vigorous exercise to achieve and maintain a healthy body weight.
Foods to Increase

• Nutrient-dense foods instead of calorie-dense foods
  • Protein foods that are low in fat.
  • Low-fat or fat free milk and dairy products.

• Eat variety of fruits and vegetables in a rainbow of colors

• Fiber-rich whole grains
Foods to Decrease

• **SOLID FATS**
  – Saturated fat & trans fat → heart disease
  – Replace with healthy unsaturated fat

• **ADDED SUGAR**
  – Sugar adds calories → weight gain
  – Choose water, 100% juice and fruit for dessert

• **SALT (SODIUM)**
  – Raises blood pressure → hypertension
  – Processed foods, fast food, frozen meals
  – Season with spices and herbs instead of salt
Not all foods are created equal!

Anytime

Sometimes
QUESTIONS??????