BUILD A HEALTHY PLATE

FEATURING THE NEW 2015-2020 DIETARY GUIDELINES
PROJECT SPONSORS

• Funded by USDA Supplemental Nutrition Assistance Program Education (SNAP-Ed) through PA Department of Human Services (DHS)
• School District of Philadelphia
• Drexel University Department of Nutrition Sciences
WHY IS A HEALTHY DIET IMPORTANT?

• Manage weight
• Prevents overweight and obesity
• Reduces the risk of chronic disease
• Reduces the risk of early mortality
• Better quality of life
WHAT IS MYPLATE?

• Healthy eating style
• Five food groups
• Visual place setting
• Dietary Guidelines for Americans
1) Find your healthy eating style for a lifetime.
2) Focus on variety, amount, and nutrition.
3) Limit calories from saturated fat, sodium, and added sugars.
4) Shift to healthier food and beverage choices
5) Support healthy eating styles for everyone.
1) HEALTHY EATING STYLES

- Accounts for all foods and beverages
- Appropriate calorie level
- Everything over time matters
- Makes you healthier
2) VARIETY, AMOUNT, AND NUTRITION

• **Variety** – choose from all 5 food groups
• **Amount** – eat the right amount of calories
• **Nutrition** – build a healthy eating style to maintain weight and reduce risk of disease
MYPLATE TIPS

- Whole Fruits
- Whole Grains
- Vary Veggies
- Vary Protein
- Low Fat Dairy
3) LIMIT SOFAS

- Saturated fat & trans fat $\rightarrow$ heart disease
  - Replace with healthy unsaturated fat

- Sugar adds calories $\rightarrow$ weight gain
  - Choose water, 100% juice, and fruit for dessert

- Raises blood pressure $\rightarrow$ hypertension
  - Season with spices and herbs
4) SHIFT TO HEALTHIER CHOICES

**Whole Grains**
- White Bread
- Whole-Wheat Bread

**Vary protein**
- Fatty Cut of Meat
- Seafood or Beans

**Low fat dairy**
- Whole Milk

**Oils**
- Butter
- Olive Oil

**Reduce added sugars**
- Ice Cream
- Homemade Smoothie

**Lower salt**
- Potato Chips
- Unsalted Nuts
5) HEALTHY EATING FOR ALL

- Create settings where healthy choices are available and affordable to you and others in your community.

How can you help your community?
PHYSICAL ACTIVITY

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

• Do what you can, at least 10 minutes at a time

• Build up to 60 minutes of moderate to vigorous activity per day
ACTIVITY

Do you know your food groups?

- Sort the foods into the correct food groups
- It looks easier than it really is!
# Get to Know MyPlate Food Groups - Answers

<table>
<thead>
<tr>
<th>Grains</th>
<th>Vegetables</th>
<th>Fruits</th>
<th>Dairy</th>
<th>Protein Foods</th>
<th>Added Sugars &amp;/ or Saturated Fats</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brown Rice</td>
<td>Collard Greens</td>
<td>Avocado</td>
<td>Frozen Yogurt</td>
<td>Peanut Butter</td>
<td>Soda</td>
</tr>
<tr>
<td>Oatmeal</td>
<td>Asparagus</td>
<td>Banana</td>
<td>Strawberry Milk</td>
<td>Black Beans</td>
<td>Cupcake</td>
</tr>
<tr>
<td>Potato Bread</td>
<td>Kale</td>
<td>100% Juice</td>
<td>Almond Milk</td>
<td>Ribs</td>
<td>Candy Bar</td>
</tr>
<tr>
<td>Granola</td>
<td>Cauliflower</td>
<td>Prunes</td>
<td>Swiss Cheese</td>
<td>Eggs</td>
<td>Creamy Dressing</td>
</tr>
<tr>
<td>Blueberry Bagel</td>
<td>Sweet Potato</td>
<td>Nectarine</td>
<td>Canned Salmon</td>
<td>Canned Salmon</td>
<td>Cream Cheese</td>
</tr>
</tbody>
</table>
ACTIVITY

How does your diet compare?

- List your food choices for today
- Make goals to improve your eating pattern tomorrow
QUESTIONS?