

# MyPlate Replaces the Food Pyramid



On June 2, 2011, the U.S. Department of Agriculture (USDA) released MyPlate, a new symbol for healthy eating that replaces the traditional food pyramid. The new plate was designed to provide a simple visual reminder to help consumers make healthy food choices. Also, general recommendations for healthier eating were released, derived from the 2010 Dietary Guidelines for Americans:

- Balance calories. Enjoy your food, but eat less. Avoid oversized portions.
- Increase healthy foods. Make half your plate fruits and vegetables. Make at least half of your grains whole grains. Switch to fat-free or low-fat (1 percent) milk.
- Reduce less healthy options. Compare sodium in foods like soup, bread and frozen meals – and choose the foods with lower numbers. Drink water instead of sugary drinks.
- Engage in physical activity. Being active is an important partner to healthy eating. People should strive to get moderate to vigorous physical activity on a regular basis.

Below are suggestions and guidelines for fulfilling the food groups represented on the plate.

FRUITS	VEGETABLES	GRAINS	PROTEIN	DAIRY
<p>Any fruit or 100 percent fruit juice counts as part of the Fruit Group.</p> <p>Fruits may be fresh, canned, frozen or dried, and may be whole, cut-up or pureed.</p>	<p>Any vegetable or 100 percent vegetable juice counts in this group.</p> <p>Vegetables are divided into five sub-groups: dark green, red &amp; orange, beans and peas, starchy and other. Beans and peas also qualify as a protein (typically for vegetarians).</p>	<p>Examples of grains include bread, pasta, oatmeal, breakfast cereals, tortillas and grits.</p> <p>Grains are divided into whole grains and refined grains. Remember, aim to make at least half of your grains whole grains.</p>	<p>All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts and seed are considered protein.</p> <p>Choose lean or low-fat protein options and aim to eat a variety of protein foods each week.</p>	<p>Fluid milk products and many foods made from milk are in this group, such as cheese and yogurt. Choose mostly fat-free or low-fat dairy products.</p> <p>Foods that have little or no calcium, such as cream cheese, cream and butter, are not in this group.</p>

**Empty calories:** The USDA also recommends that Americans reduce the number of empty calories they consume – calories from solid fats and/or added sugars. Foods with empty calories include most desserts, soda and fruit drinks, pizza, ice cream, sausages, hot dogs and ribs. However, many of these foods can be substituted for a healthier option with fewer empty calories (sugar-free, fat-free, lean, unsweetened, baked, etc.). A small amount of empty calories is okay, but most people eat far more than is healthy. The USDA recommends smaller portion sizes and replacing sugary drinks with water.

# 10 tips

Nutrition  
Education Series

# choose MyPlate

## 10 tips to a great plate



### Making food choices for a healthy lifestyle can be as simple as using these 10 Tips.

Use the ideas in this list to *balance your calories*, to choose foods to *eat more often*, and to cut back on foods to *eat less often*.

#### 1 balance calories

Find out how many calories YOU need for a day as a first step in managing your weight. Go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) to find your calorie level. Being physically active also helps you balance calories.

#### 2 enjoy your food, but eat less

Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.



#### 3 avoid oversized portions

Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

#### 4 foods to eat more often

Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.



#### 5 make half your plate fruits and vegetables

Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

#### 6 switch to fat-free or low-fat (1%) milk

They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.



#### 7 make half your grains whole grains

To eat more whole grains, substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.

#### 8 foods to eat less often

Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.

#### 9 compare sodium in foods

Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled “low sodium,” “reduced sodium,” or “no salt added.”



#### 10 drink water instead of sugary drinks

Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.

# 10 tips

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# build a healthy meal

## 10 tips for healthy meals



**A healthy meal starts with more vegetables and fruits and smaller portions of protein and grains.** Think about how you can adjust the portions on your plate to get more of what you need without too many calories. And don't forget dairy—make it the beverage with your meal or add fat-free or low-fat dairy products to your plate.

### 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 and pork, or 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 the dairy

Pair your meal with a cup of fat-free or low-fat milk. They provide the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. Don't drink milk? Try soy milk (soy beverage) as your beverage or include fat-free or low-fat yogurt in your meal.



### 5 avoid extra fat

Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. For example, steamed broccoli is great, but avoid topping it with cheese sauce. Try other options, like a sprinkling of low-fat parmesan cheese or a squeeze of lemon.

### 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 at meals to help with portion control. That way you can finish your entire plate and feel satisfied without overeating.

### 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

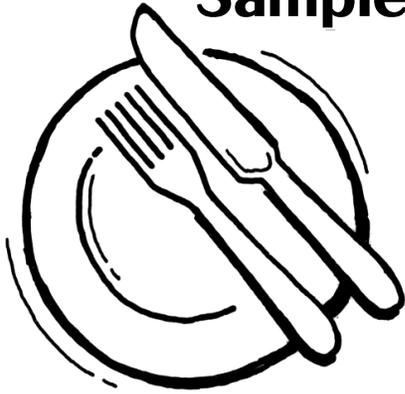
Keep it interesting by picking out new foods you've never tried before, like mango, lentils, or kale. You may find a new favorite! Trade fun and tasty recipes with friends or find them online.



### 10 satisfy your sweet tooth in a healthy way

Indulge in a naturally sweet dessert dish—fruit! Serve a fresh fruit cocktail or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.

# Sample Menus for a 2000 Calorie Food Pattern



Use this 7-day menu as a motivational tool to help put a healthy eating pattern into practice, and to identify creative new ideas for healthy meals. Averaged over a week, this menu provides the recommended amounts of key nutrients and foods from each food group. The menus feature a large number of different foods to inspire ideas for adding variety to food choices. They are not intended to be followed day-by-day as a specific prescription for what to eat.

Spices and herbs can be used to taste. Try spices such as chili powder, cinnamon, cumin, curry powder, ginger, nutmeg, mustard, garlic powder, onion powder, or pepper. Try fresh or dried herbs such as basil, parsley, cilantro, chives, dill, mint, oregano, rosemary, thyme, or tarragon. Also try salt-free spice or herb blends.

While this 7-day menu provides the recommended amounts of foods and key nutrients, it does so at a moderate cost. Based on national average food costs, adjusted for inflation to March 2011 prices, the cost of this menu is less than the average amount spent for food, per person, in a 4-person family.

## DAY 1

### BREAKFAST

Creamy oatmeal (cooked in milk):  
*½ cup uncooked oatmeal*  
*1 cup fat-free milk*  
*2 Tbsp raisins*  
*2 tsp brown sugar*  
 Beverage: 1 cup orange juice

### LUNCH

Taco salad:  
*2 ounces tortilla chips*  
*2 ounces cooked ground turkey*  
*2 tsp corn/canola oil (to cook turkey)*  
*¼ cup kidney beans\**  
*½ ounce low-fat cheddar cheese*  
*½ cup chopped lettuce*  
*½ cup avocado*  
*1 tsp lime juice (on avocado)*  
*2 Tbsp salsa*  
 Beverage:  
 1 cup water, coffee, or tea\*\*

### DINNER

Spinach lasagna roll-ups:  
*1 cup lasagna noodles(2 oz dry)*  
*½ cup cooked spinach*  
*½ cup ricotta cheese*  
*1 ounce part-skim mozzarella cheese*  
*½ cup tomato sauce\**  
 1 ounce whole wheat roll  
*1 tsp tub margarine*  
 Beverage: 1 cup fat-free milk

### SNACKS

2 Tbsp raisins  
 1 ounce unsalted almonds

## DAY 2

### BREAKFAST

Breakfast burrito:  
*1 flour tortilla (8" diameter)*  
*1 scrambled egg*  
*⅓ cup black beans\**  
*2 Tbsp salsa*  
 ½ large grapefruit  
 Beverage:  
 1 cup water, coffee, or tea\*\*

### LUNCH

Roast beef sandwich:  
*1 small whole grain hoagie bun*  
*2 ounces lean roast beef*  
*1 slice part-skim mozzarella cheese*  
*2 slices tomato*  
*¼ cup mushrooms*  
*1 tsp corn/canola oil (to cook mushrooms)*  
*1 tsp mustard*  
 Baked potato wedges:  
*1 cup potato wedges*  
*1 tsp corn/canola oil (to cook potato)*  
*1 Tbsp ketchup*  
 Beverage: 1 cup fat-free milk

### DINNER

Baked salmon on beet greens:  
*4 ounce salmon filet*  
*1 tsp olive oil*  
*2 tsp lemon juice*  
*⅓ cup cooked beet greens*  
*(sauteed in 2 tsp corn/canola oil)*  
 Quinoa with almonds:  
*½ cup quinoa*  
*½ ounce slivered almonds*  
 Beverage: 1 cup fat-free milk

### SNACKS

1 cup cantaloupe balls

## DAY 3

### BREAKFAST

Cold cereal:  
*1 cup ready-to-eat oat cereal*  
*1 medium banana*  
*½ cup fat-free milk*  
 1 slice whole wheat toast  
*1 tsp tub margarine*  
 Beverage: 1 cup prune juice

### LUNCH

Tuna salad sandwich:  
*2 slices rye bread*  
*2 ounces tuna*  
*1 Tbsp mayonnaise*  
*1 Tbsp chopped celery*  
*½ cup shredded lettuce*  
 1 medium peach  
 Beverage: 1 cup fat-free milk

### DINNER

Roasted chicken:  
*3 ounces cooked chicken breast*  
 1 large sweet potato, roasted  
 ½ cup succotash (limas & corn)  
*1 tsp tub margarine*  
 1 ounce whole wheat roll  
*1 tsp tub margarine*  
 Beverage:  
 1 cup water, coffee, or tea\*\*

### SNACKS

¼ cup dried apricots  
 1 cup flavored yogurt (chocolate)

# Sample Menus for a 2000 Calorie Food Pattern (cont'd)

DAY 4
<p><b>BREAKFAST</b></p> <p>1 whole wheat English muffin  <i>1 Tbsp all-fruit preserves</i>            1 hard-cooked egg            Beverage:            1 cup water, coffee, or tea**</p> <p><b>LUNCH</b></p> <p>White bean-vegetable soup:  <i>1 ¼ cup chunky vegetable soup with pasta</i>  <i>½ cup white beans*</i>            6 saltine crackers*            ½ cup celery sticks            Beverage: 1 cup fat-free milk</p> <p><b>DINNER</b></p> <p>Rigatoni with meat sauce:  <i>1 cup rigatoni pasta (2 oz dry)</i>  <i>2 ounces cooked ground beef (95% lean)</i>  <i>2 tsp corn/canola oil (to cook beef)</i>  <i>½ cup tomato sauce*</i>  <i>3 Tbsp grated parmesan cheese</i>            Spinach salad:  <i>1 cup raw spinach leaves</i>  <i>½ cup tangerine sections</i>  <i>½ ounce chopped walnuts</i>  <i>4 tsp oil and vinegar dressing</i>            Beverage:            1 cup water, coffee, or tea**</p> <p><b>SNACKS</b></p> <p>1 cup nonfat fruit yogurt</p>

DAY 5
<p><b>BREAKFAST</b></p> <p>Cold cereal:  <i>1 cup shredded wheat</i>  <i>½ cup sliced banana</i>  <i>½ cup fat-free milk</i>            1 slice whole wheat toast  <i>2 tsp all-fruit preserves</i>            Beverage:            1 cup fat-free chocolate milk</p> <p><b>LUNCH</b></p> <p>Turkey sandwich  <i>1 whole wheat pita bread (2 oz)</i>  <i>3 ounces roasted turkey, sliced</i>  <i>2 slices tomato</i>  <i>¼ cup shredded lettuce</i>  <i>1 tsp mustard</i>  <i>1 Tbsp mayonnaise</i>  <i>½ cup grapes</i>            Beverage: 1 cup tomato juice*</p> <p><b>DINNER</b></p> <p>Steak and potatoes:  <i>4 ounces broiled beef steak</i>  <i>¾ cup mashed potatoes made with milk and 2 tsp tub margarine</i>  <i>½ cup cooked green beans</i>  <i>1 tsp tub margarine</i>  <i>1 tsp honey</i>            1 ounce whole wheat roll  <i>1 tsp tub margarine</i>            Frozen yogurt and berries:  <i>½ cup frozen yogurt (chocolate)</i>  <i>¼ cup sliced strawberries</i>            Beverage: 1 cup fat-free milk</p> <p><b>SNACKS</b></p> <p>1 cup frozen yogurt (chocolate)</p>

DAY 6
<p><b>BREAKFAST</b></p> <p>French toast:  <i>2 slices whole wheat bread</i>  <i>3 Tbsp fat-free milk and ⅔ egg (in French toast)</i>  <i>2 tsp tub margarine</i>  <i>1 Tbsp pancake syrup</i>            ½ large grapefruit            Beverage: 1 cup fat-free milk</p> <p><b>LUNCH</b></p> <p>3-bean vegetarian chili on baked potato:  <i>¼ cup each cooked kidney beans,* navy beans,* and black beans*</i>  <i>½ cup tomato sauce*</i>  <i>¼ cup chopped onion</i>  <i>2 Tbsp chopped jalapeno peppers</i>  <i>1 tsp corn/canola oil (to cook onion and peppers)</i>  <i>¼ cup cheese sauce</i>  <i>1 large baked potato</i>            ½ cup cantaloupe            Beverage:            1 cup water, coffee, or tea**</p> <p><b>DINNER</b></p> <p>Hawaiian pizza  <i>2 slices cheese pizza, thin crust</i>  <i>1 ounce lean ham</i>  <i>¼ cup pineapple</i>  <i>¼ cup mushrooms</i>  <i>1 tsp safflower oil (to cook mushrooms)</i>            Green salad:  <i>1 cup mixed salad greens</i>  <i>4 tsp oil and vinegar dressing</i>            Beverage: 1 cup fat-free milk</p> <p><b>SNACKS</b></p> <p>3 Tbsp hummus            5 whole wheat crackers*</p>

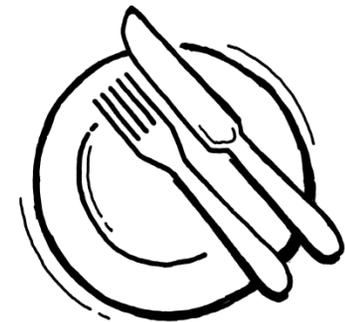
DAY 7
<p><b>BREAKFAST</b></p> <p>Buckwheat pancakes with berries:  <i>2 large (7") pancakes</i>  <i>1 Tbsp pancake syrup</i>  <i>¼ cup sliced strawberries</i>            Beverage: 1 cup orange juice</p> <p><b>LUNCH</b></p> <p>New England clam chowder:  <i>3 ounces canned clams</i>  <i>½ small potato</i>  <i>2 Tbsp chopped onion</i>  <i>2 Tbsp chopped celery</i>  <i>6 Tbsp evaporated milk</i>  <i>¼ cup fat-free milk</i>  <i>1 slice bacon</i>  <i>1 Tbsp white flour</i>            10 whole wheat crackers*            1 medium orange            Beverage: 1 cup fat-free milk</p> <p><b>DINNER</b></p> <p>Tofu-vegetable stir-fry:  <i>4 ounces firm tofu</i>  <i>½ cup chopped Chinese cabbage</i>  <i>¼ cup sliced bamboo shoots</i>  <i>2 Tbsp chopped sweet red peppers</i>  <i>2 Tbsp chopped green peppers</i>  <i>1 Tbsp corn/canola oil (to cook stir-fry)</i>            1 cup cooked brown rice (2 ounces raw)            Honeydew yogurt cup:  <i>¾ cup honeydew melon</i>  <i>½ cup plain fat-free yogurt</i>            Beverage:            1 cup water, coffee, or tea**</p> <p><b>SNACKS</b></p> <p>1 large banana spread with  <i>2 Tbsp peanut butter*</i>            1 cup nonfat fruit yogurt</p>

**Notes:**

\*Foods that are reduced sodium, low sodium, or no-salt added products. These foods can also be prepared from scratch with no added salt. All other foods are regular commercial products, which contain variable levels of sodium. Average sodium level of the 7-day menu assumes that no salt is added in cooking or at the table.

\*\*Unless indicated, all beverages are unsweetened and without added cream or whitener.

Italicized foods are part of the dish or food that precedes it.



# Sample Menus for a 2000 Calorie Food Pattern (cont'd)

## Average amounts for weekly menu:

Food group	Daily average over 1 week
<b>GRAINS</b>	<b>6.2 oz eq</b>
Whole grains	3.8
Refined grains	2.4
<b>VEGETABLES</b>	<b>2.6 cups</b>
Vegetable subgroups (amount per week)	
Dark green	1.6 cups per week
Red/Orange	5.6
Starchy	5.1
Beans and Peas	1.6
Other Vegetables	4.1
<b>FRUITS</b>	<b>2.1 cups</b>
<b>DAIRY</b>	<b>3.1 cups</b>
<b>PROTEIN FOODS</b>	<b>5.7 oz eq</b>
Seafood	8.8 oz per week
<b>OILS</b>	<b>29 grams</b>
<b>CALORIES FROM ADDED FATS AND SUGARS</b>	245 calories

Nutrient	Daily average over 1 week
Calories	1975
Protein	96 g
Protein	19% kcal
Carbohydrate	275 g
Carbohydrate	56% kcal
Total fat	59 g
Total fat	27% kcal
Saturated fat	13.2 g
Saturated fat	6.0% kcal
Monounsaturated fat	25 g
Polyunsaturated fat	16 g
Linoleic Acid	13 g
Alpha-linolenic Acid	1.8 g
Cholesterol	201 mg
Total dietary fiber	30 g
Potassium	4701 mg
Sodium	1810 mg
Calcium	1436 mg
Magnesium	468 mg
Copper	2.0 mg
Iron	18 mg
Phosphorus	1885 mg
Zinc	14 mg
Thiamin	1.6 mg
Riboflavin	2.5 mg
Niacin Equivalents	24 mg
Vitamin B6	2.4 mg
Vitamin B12	12.3 mcg
Vitamin C	146 mg
Vitamin E	11.8 mg (AT)
Vitamin D	9.1 mcg
Vitamin A	1090 mcg (RAE)
Dietary Folate Equivalents	530 mcg
Choline	386 mg