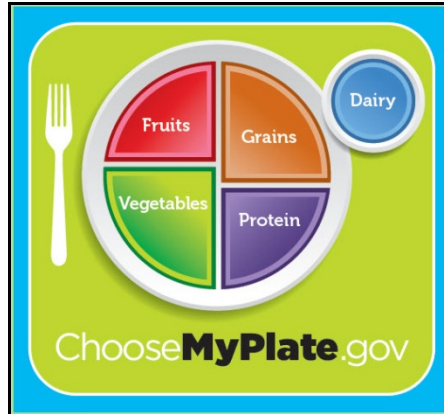


# MyPlate



## Unit Overview

In the next two units, you will be learning about the **MyPlate Food Guidance System**. Based upon the 2011 Dietary Guidelines, the United States Department of Agriculture (USDA) has launched the **MyPlate Food Guidance System**. **MyPlate**, released in June 2011, is an update of the **MyPyramid**. It provided web-based interactive and print materials for consumers and professionals. The new icon stresses activity and a proper mix of the different food groups. The pyramid is now called **MyPlate** because it is about healthy lifestyle choices and how these need to be personalized depending on the individual.

In this unit, you will look at the **Orange/Grain** group, the **Green/Vegetable** group, the **Red/Fruit** group, and the **Blue/Milk and Cheese** group. In the next unit, you will explore the **Yellow/Oil** group, the **Purple/Meat and Beans** group.

## Out with the Old - In with the New

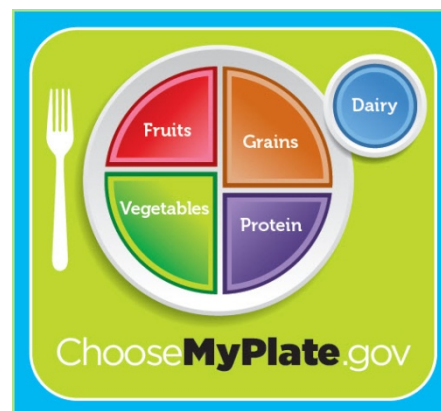
The Old  
The Food Guide Pyramid  
1992



The Next  
MyPyramid  
2005



The New  
MyPlate  
2011



## What are the Differences?

The old logo emphasizes physical activity by showing a person climbing steps on the side of the pyramid. **MyPyramid** was colored with vertical bands that represent different food groups. The old logo **MyPyramid** is also intentionally simpler than the food guide pyramid. Several USDA studies indicated that consumers widely misunderstood the original design. The food guide pyramid gave recommendations measured in "serving sizes", which some people found confusing. **MyPyramid** gave its recommendations in cups, ounces, and other measures that may be easier to understand.

The **Food Guide Pyramid** gave a single set of specific recommendations for all people. In contrast, **MyPyramid** had 12 sets of possible recommendations, with the appropriate guide for an individual selected based on sex, age group, and activity level.



Goodbye, pyramid. Hello, **MyPlate**. The Food Guide Pyramid was the model for healthy eating in the United States. As of June 2, 2011 **MyPlate** has replaced the **MyPyramid** image as the government's primary food group symbol as an *easy-to-understand* visual cue to help consumers adopt healthy eating habits consistent with the *2010 Dietary Guidelines for Americans*.

**MyPlate** is based on suggestions from the 2010 Dietary Guidelines for Americans from the United States Department of Agriculture (USDA) and the U.S. Department of Health and Human Services. Dietary Guidelines recommendations traditionally have been intended for healthy Americans ages 2 years and older. However, *Dietary Guidelines for Americans, 2010* was released at a time of rising concern about the health of the American population. Poor diet and physical inactivity are the most important factors contributing to an epidemic of overweight and obesity affecting men, women, and children in all segments of our society. Even in the absence of overweight, poor diet and physical inactivity are associated with major causes of morbidity and mortality in the United States. Therefore, the *Dietary Guidelines for Americans, 2010* is intended for Americans ages 2 years and older, including those at increased risk of chronic disease. The Dietary Guidelines aim to educate Americans on the importance of nutrition, lifestyle choices, and exercise.

The *2010 Dietary Guidelines for Americans* form the basis of the federal government's nutrition education programs, federal nutrition assistance programs, and dietary advice provided by health and nutrition professionals.

The *Guidelines* messages include:

### Balance Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

### Foods to Increase

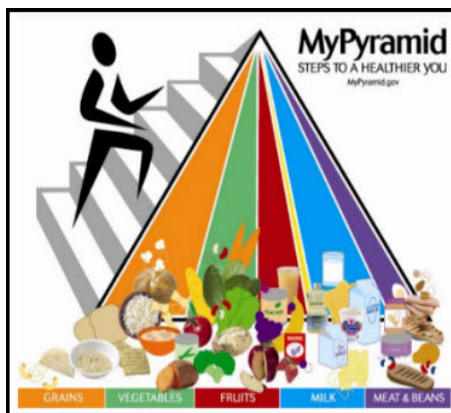
- Make half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) milk.
- Make at least half your grains whole grains

### Foods to Reduce

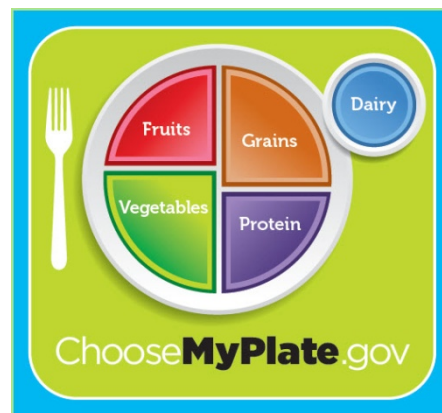
- Compare sodium (salt) in foods like soup, bread, and frozen meals, and choose foods with lower numbers.
- Drink water instead of sugary drinks.

**MyPlate**, the plate shown on the copy of the web page above, is the new symbol that represents a system to help you determine how much of each food you should eat. MyPlate inspires us to build healthy meals with healthy choices. It encourages you to use an individual approach in determining amounts and kinds of foods to eat for optimum health.

The **MyPyramid** had six vertical stripes to represent the five food groups plus oils. **MyPlate** illustrates the five food groups using a familiar mealtime visual, a place setting.



**MyPyramid**



**MyPlate**

The **MyPlate** gives you a visual of how your plate should be divided for healthy eating by filling half your plate with fruits and vegetables. At a glance, it symbolizes the importance of choosing a variety of foods from all food groups, focusing on making half your plate fruits and vegetables.

The big message is that fruits and vegetables take up half the plate, with the vegetable portion being a little bigger than the fruit section.

And just like the pyramid where stripes were different widths, the plate has been divided so that the grain section is bigger than the protein section. Why? Because nutrition experts recommend you eat more vegetables than fruit and more grains than protein foods.

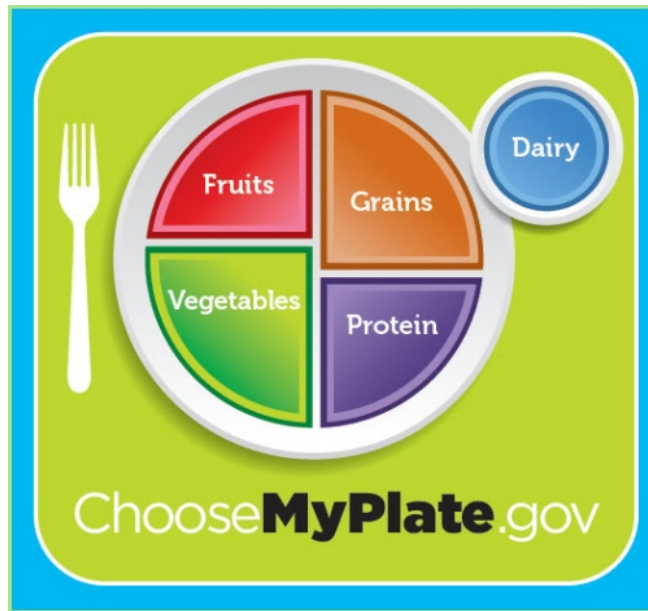
The divided plate also aims to discourage super-big portions, which can cause weight gain.



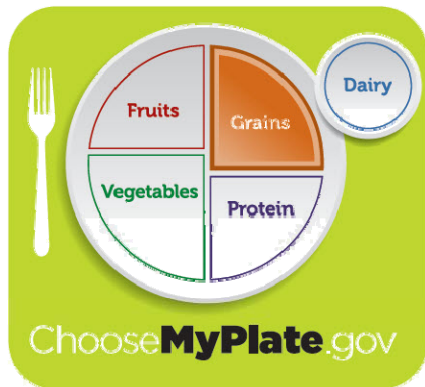
[www.myplate.gov](http://www.myplate.gov)

## A Guide to Healthy Living

The pyramid shows food groups as a series of differently-sized colored stripes.



The stripes are different widths to show how much of a person's daily food intake should be made up of that food group. So the orange band is much wider than the yellow one because people need to eat a lot more grains than fats and oils. What we eat is tied to how much we exercise. Teens need to eat well to get the nutrients that help the body grow. But teens that are extremely active need additional food so they can fuel their activity levels in addition to their growth. And people who are less active need to eat less food so they can avoid gaining weight. We will discuss this more in the next unit.



## Which Foods are in the Grain Group?

Grains are the orange section on the upper right side of the plate. Grains are divided into 2 subgroups, Whole Grains and Refined Grains. Eat at least three ounces of whole grain

bread, cereal, crackers, rice or pasta. Select “whole grains.” One ounce is usually one slice of bread, one cup of ready-to-eat cereal, or ½ cup of cooked cereal, rice, or pasta. Grains can be divided into two groups. Whole grains contain all three sections of the grain: the endosperm, the germ, and the bran. Examples are whole-grain flour, brown rice, and oatmeal. Refined grains go through the milling process where the bran and germ have been removed. The milling process gives grain a finer texture and a longer on shelf-life. At the same time, it removes some B vitamins, iron, and fiber. Examples of refined grains are white flour, white rice, and white bread. Most refined grains are enriched; B vitamins and iron are added after the milling process is completed.

The amount of grains you need to eat depends on your age, sex, and level of physical activity. The following link provides a chart with the recommended daily amounts of grain needed. Most Americans consume enough grains, but few are whole grains. **At least half of all the grains eaten should be whole grains.**

Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products.

Grains are divided into 2 subgroups, **whole grains** and **refined grains**.

Whole Grains	Refined Grains
<p><b>Whole grains</b> contain the entire grain kernel -- the bran, germ, and endosperm.</p> <p>Examples include:</p> <ul style="list-style-type: none"> <li>• whole-wheat flour</li> <li>• bulgur (cracked wheat)</li> <li>• oatmeal</li> <li>• whole cornmeal</li> <li>• brown rice</li> </ul>	<p><b>Refined grains</b> have been milled, a process that removes the bran and germ. This is done to give grains a finer texture and improve their shelf life, but it also removes dietary fiber, iron, and many B vitamins.</p> <p>Most refined grains are <i>enriched</i>. This means certain B vitamins (thiamin, riboflavin, niacin, folic acid) and iron are added back after processing. Fiber is not added back to enriched grains. Check the ingredient list on refined grain products to make sure.</p> <p>Some examples of refined grain products are:</p> <ul style="list-style-type: none"> <li>• white flour</li> <li>• degermed cornmeal</li> <li>• white bread</li> <li>• white rice</li> </ul>

### Whole Grains:

brown rice  
buckwheat  
bulgur (cracked wheat)  
oatmeal  
popcorn

#### *Ready-to-eat breakfast cereals:*

whole wheat cereal flakes  
muesli

whole grain barley  
whole grain cornmeal  
whole rye  
whole wheat bread  
whole wheat crackers  
whole wheat pasta  
whole wheat sandwich buns and rolls  
whole wheat tortillas  
wild rice

#### *Less common whole grains:*

amaranth  
millet  
quinoa  
sorghum  
triticale

### Refined Grains:

cornbread\*  
corn tortillas\*  
couscous\*  
crackers\*  
flour tortillas\*  
grits  
noodles\*

#### *Pasta\**

spaghetti  
macaroni

pitas\*  
pretzels

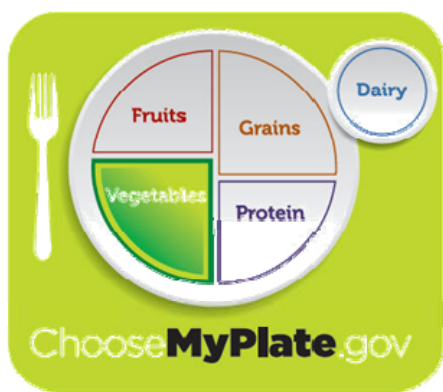
#### *Ready-to-eat breakfast cereals*

corn flakes

white bread  
white sandwich buns and rolls  
white rice.

\*Most of these products are made from refined grains. Some are made from whole grains. Check the ingredient list for the words “whole grain” or “whole wheat” to decide if they are made from a whole grain. Some foods are made from a mixture of whole and refined grains.

Some grain products contain significant amounts of bran. Bran provides fiber, which is important for health. However, products with added bran or bran alone (e.g., oat bran) are not necessarily whole grain products.





## Which Foods are in the Vegetable Group?

### Vegetables

The green section, lower left side of the plate, is vegetables. Eat more dark green, orange vegetables, dried beans and peas. Any vegetable or 100% vegetable juice counts as a member of the vegetable group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed. Broccoli, spinach potatoes, corn, beans and lettuce are examples of the vegetable group.

Vegetables are organized into 5 subgroups, based on their nutrient content. Some commonly eaten vegetables in each subgroup are:

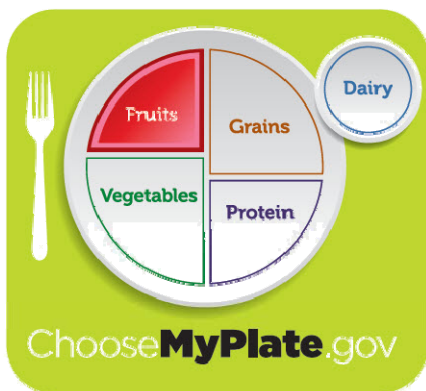
#### Dark Green Vegetables

bok choy  
broccoli  
collard greens  
dark green leafy lettuce  
kale  
mesclun  
mustard greens  
romaine lettuce  
spinach  
turnip greens  
watercress

#### Dry Beans and Peas

black beans  
black-eyed peas  
garbanzo beans (chickpeas)  
kidney beans  
lentils  
lima beans (mature)  
navy beans  
pinto beans  
soy beans  
split peas  
tofu (bean curd made from soybeans)  
white beans

<p><b>Starchy Vegetables</b></p> <p>corn green peas lima beans (green) potatoes</p>	<p><b>Orange Vegetables</b></p> <p>acorn squash butternut squash carrots Hubbard squash pumpkin sweet potatoes</p>
<p><b>Other Vegetables</b></p> <p>artichokes asparagus bean sprouts beets Brussels sprouts cabbage cauliflower celery cucumbers eggplant green beans</p> <p>green or red peppers iceberg (head) lettuce mushrooms okra onions parsnips tomatoes tomato juice vegetable juice turnips wax beans zucchini</p>	

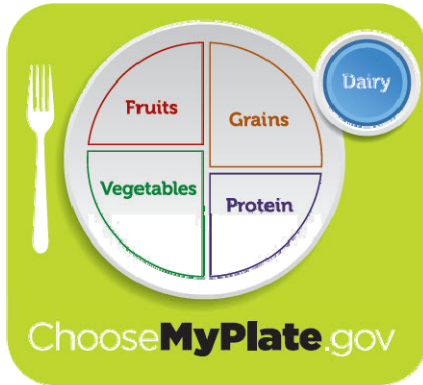


**Which Foods are in the Fruit Group?**

The red section, upper left side of the plate, is fruits. Be sure to eat fruit each day, but do not drink large amounts of fruit juices. Fruits may be fresh, frozen, canned, or dried. The fruit may be whole, sliced, cut into pieces, or pureed. One cup of fruit or 100% fruit juice is a serving, while ½ cup of dried fruit is a serving.

The amount of fruit you need to eat depends on age, sex, and level of physical activity. Recommended daily amounts are shown in the chart.

<p>Any fruit or 100% fruit juice counts as part of the fruit group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed. Some commonly eaten fruits are raisins, oranges, apples, grapes and peaches.</p>	
<p><b>Berries:</b></p> <p>strawberries blueberries raspberries cherries</p>	<p><b>100% Fruit Juice:</b></p> <p>orange apple grape grapefruit</p>
<p><b>Melons:</b></p> <p>cantaloupe honeydew watermelon</p>	<p><b>Mixed Fruits:</b></p> <p>fruit cocktail</p>
<p><b>Common Fruits</b></p> <p>apples apricots avocado bananas grapefruit grapes kiwi fruit lemons limes mangoes</p> <p>nectarines oranges peaches pears papaya pineapple plums prunes raisins tangerines</p>	



## Which Foods are in the Milk, Yogurt, and Cheese (Milk) Group?

All fluid milk products and many foods made from milk are considered part of this food group. Foods made from milk that retain their calcium content are part of this group, while foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not. Most milk group choices should be fat-free or low-fat. Some commonly eaten choices in the milk, yogurt, and cheese group are ice cream, cheddar cheese, Swiss cheese, yogurt, milk and cottage cheese. Calcium-fortified soymilk (soy beverage) is also part of the Dairy Group. If you cannot eat dairy foods, choose other food sources that contain calcium.

### **Milk**

all fluid milk:  
 fat-free (skim)  
 low fat (1%)  
 reduced fat (2%)  
 whole milk  
 flavored milks:  
 chocolate  
 strawberry  
 lactose reduced milks  
 lactose free milks

### **Cheese**

hard natural cheeses:  
 cheddar  
 mozzarella  
 Swiss  
 parmesan  
 soft cheeses  
 ricotta  
 cottage cheese  
 processed cheeses  
 American

### **Milk-Based Desserts**

puddings made with milk

### **Yogurt**

all yogurt  
 fat-free

ice milk  
frozen yogurt  
ice cream

low fat  
reduced fat  
whole milk yogurt