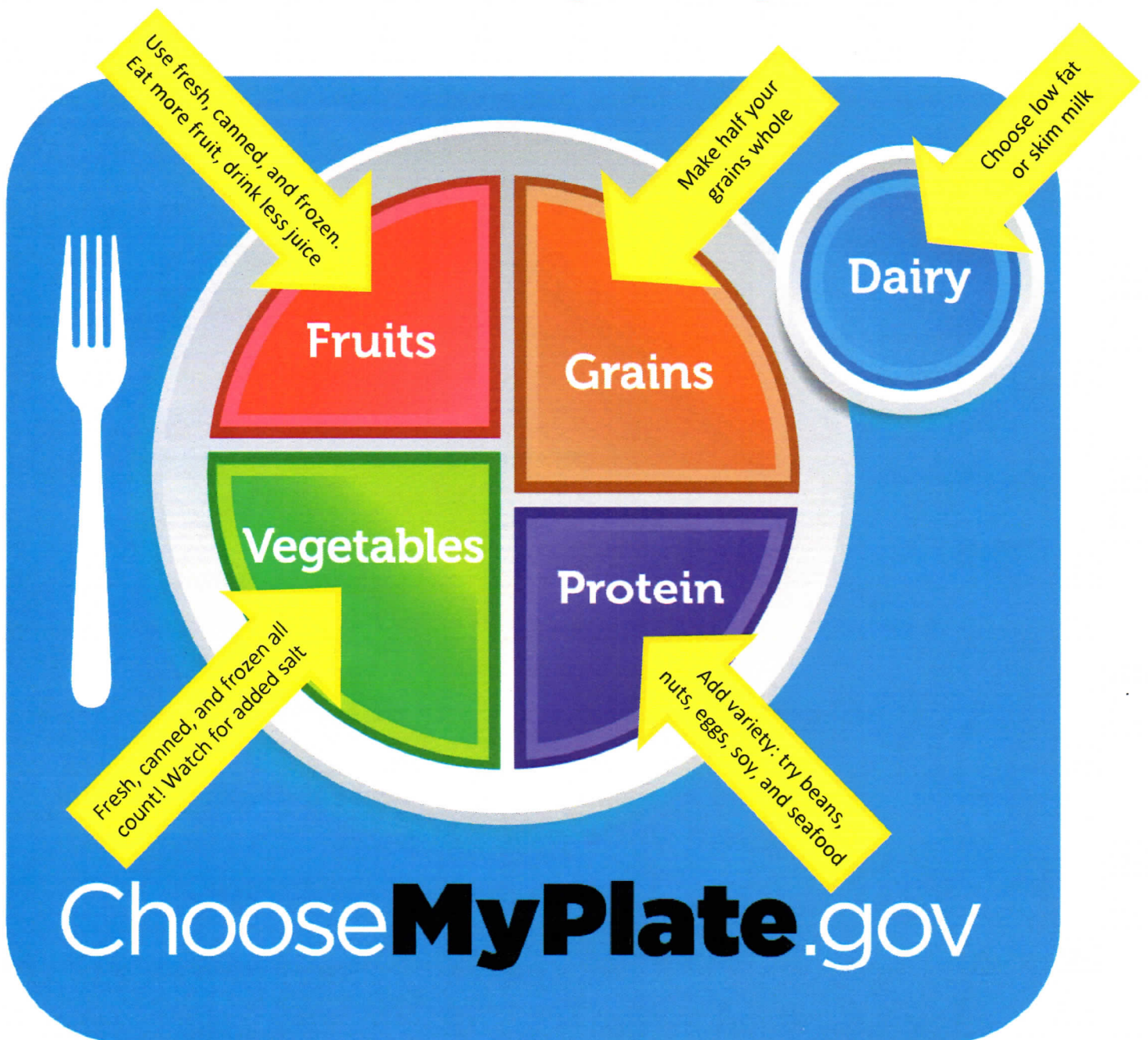


CCSA Nutrition Services

Fall 2014

Introducing MyPlate



Choose **MyPlate**.gov

CCSA Nutrition Services

Tips for Teachers

What is My Plate?

My Plate is a new way to think about healthy eating and to teach about healthy eating. It is more useful than the Food Pyramid because we eat *plates* of food, not *pyramids* of food. All the food groups are still there, but they have moved from the pyramid to the plate in amounts that will keep you and your students healthy.

Why use My Plate?

If your plate looks like My Plate you have a healthy meal without worrying about portion sizes or specific nutrients. Eating a balanced meal with foods from every food group will ensure you have all the nutrients you need. It's an easy way for kids *and* adults to stay healthy. My Plate helps kids get the foods they need to grow, develop and learn well every day.

How to use My Plate?

Share what you know about My Plate with your students at meal and snack times. Print out coloring sheets to make placemats from www.choosemyplate.gov. Make games out of naming the food groups at lunch. Share what you know about My Plate and the accompanying handouts with families so children can benefit from good nutrition at home and at school.



CCSA's Nutrition Service Program
Keeping children healthy and helping
teachers focus on teaching





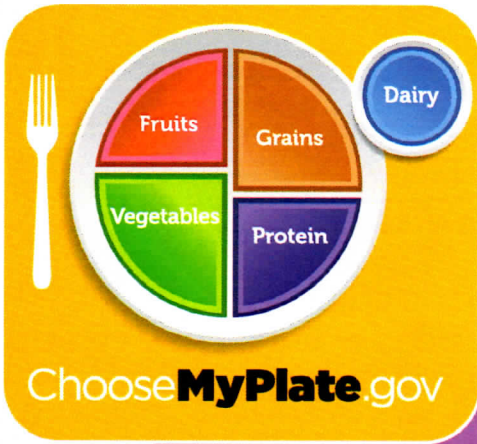
United States Department of Agriculture

Meet MyPlate

The *MyPlate* icon reminds us that we need to eat and drink foods from the five food groups. **Fruits**, **Vegetables**, **Dairy**, **Grains**, and **Protein Foods** are important for good health. *MyPlate* shows the food groups in different sections of the plate. Does this mean that foods need to be separate on your plate? No way! Some of our favorite healthy foods are a mix of food groups. What food groups are in your sandwich or taco?

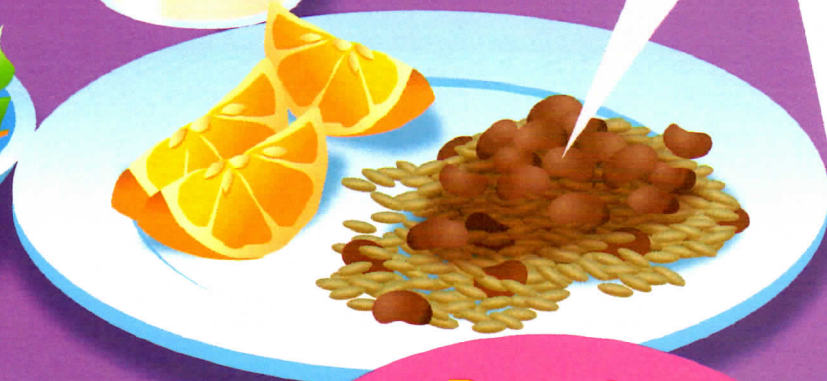
MyPlate Matching Game

Draw a line from each section of *MyPlate* to the correct foods below.



Did You Know?

Beans belong to both the Vegetable and Protein Food Groups. Some favorite ways kids like to eat beans are in burritos, tacos, chili, dips, and quesadillas.



Parents

Make half your plate fruits and vegetables. It is an easy way to make sure you (and your family) are getting enough. More information on *MyPlate* can be found at <http://www.choosemyplate.gov>.

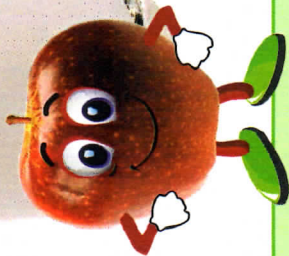


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<http://teamnutrition.usda.gov>

Answers: FRUIT: orange, VEGETABLE: garden salad, PROTEIN FOOD: beans, GRAIN: rice, DAIRY: milk.

My Plate Planner

A Healthy Meal Tastes Great



The plate method is a simple way to learn healthy portion sizes. Just split the plate into 3 parts, the largest part for vegetables. Note to adults planning meals for smaller children: Remember to use a smaller plate or serve smaller portions if you don't have different plate sizes.



7-inch plate (children)

9-inch plate (adult)



Your hand can help you measure the right amount of food to eat. Use your hand to measure out portions



Palm of Hand
Amount of Lean Meat



A Fist
Amount of Rice, Cooked Pasta, or Cereal



A Thumb
Amount of Cheese



Thumb Tip
Amount of Peanut Butter

Note to adults preparing meals for children: Use your child's hand to measure portion sizes.



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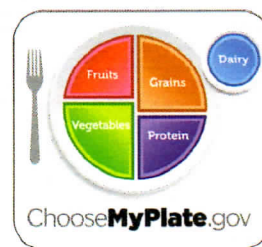


10 tips

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 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.

Menu Planner for Families

Help your family create a dinner menu for the week.

Visit <http://www.choosemyplate.gov> to learn what foods belong to each food group.

Visit our online Recipe Box: <http://www.fns.usda.gov/fncs-recipe-box>.



The Five Food Groups (Include all 5)

	Fruits 	Vegetables 	Grains 	Protein Foods 	Dairy 
Example: Spaghetti Dinner	Peaches	Broccoli Tomato sauce	Whole-wheat pasta	Lean (92% lean, 8% fat) ground beef	Fat-free milk Parmesan cheese
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					

Parents

Milk Matters. Children of every age, and adults too, need the calcium, protein, and vitamin D found in milk for strong bones, teeth, and muscles. Remember to offer fat-free or low-fat (1%) milk at meals. If you offer soymilk, check the Nutrition Facts label to be sure your soymilk has about 300 mg of calcium (30% of the Daily Value).