

Go Ahead...Make MyPlate



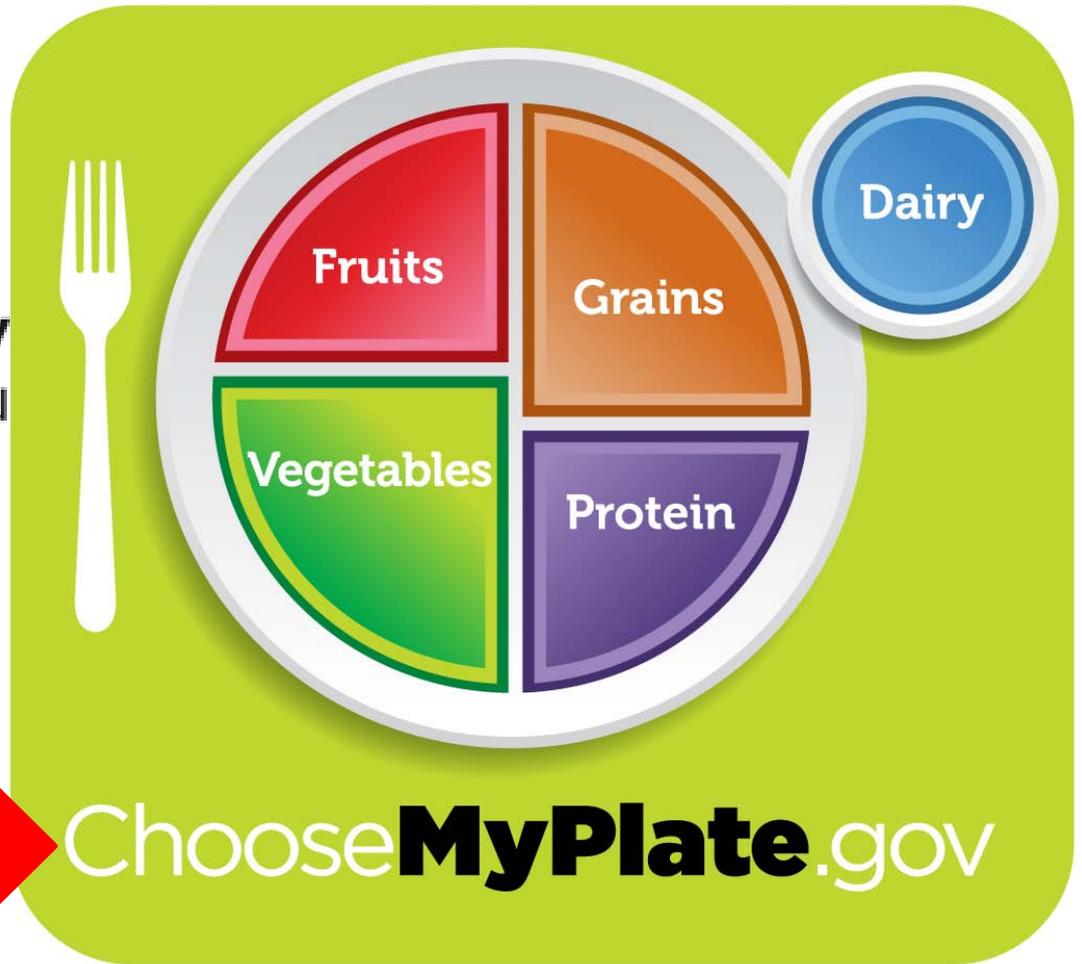
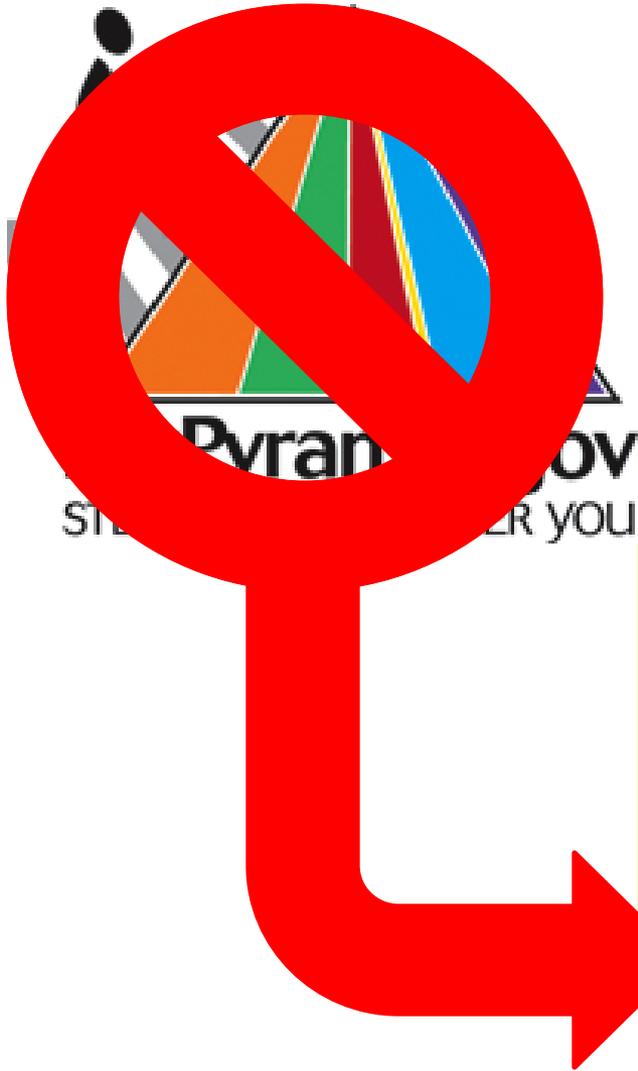
Sheila Tucker, MA, RD, CSSD, LDN



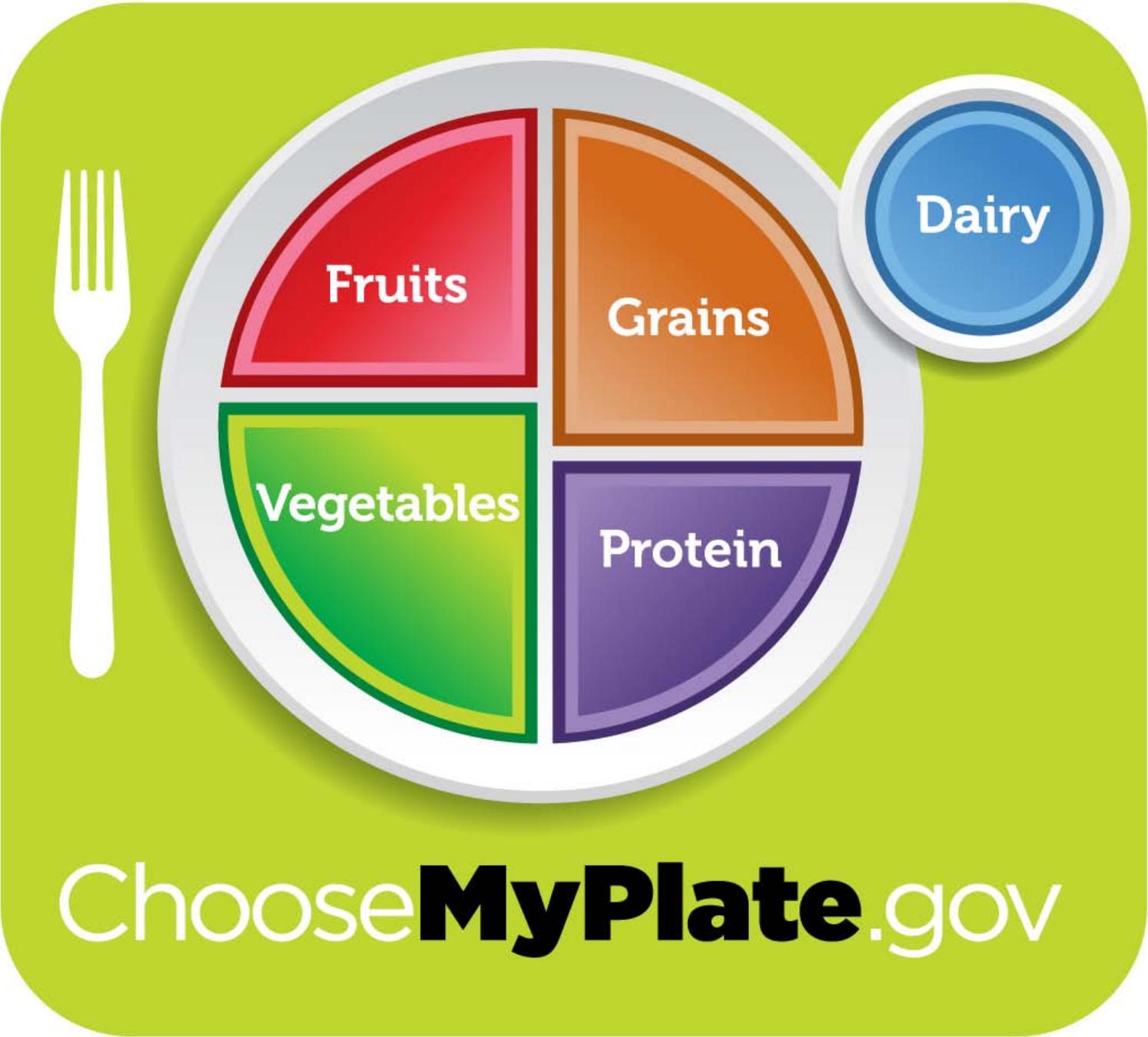
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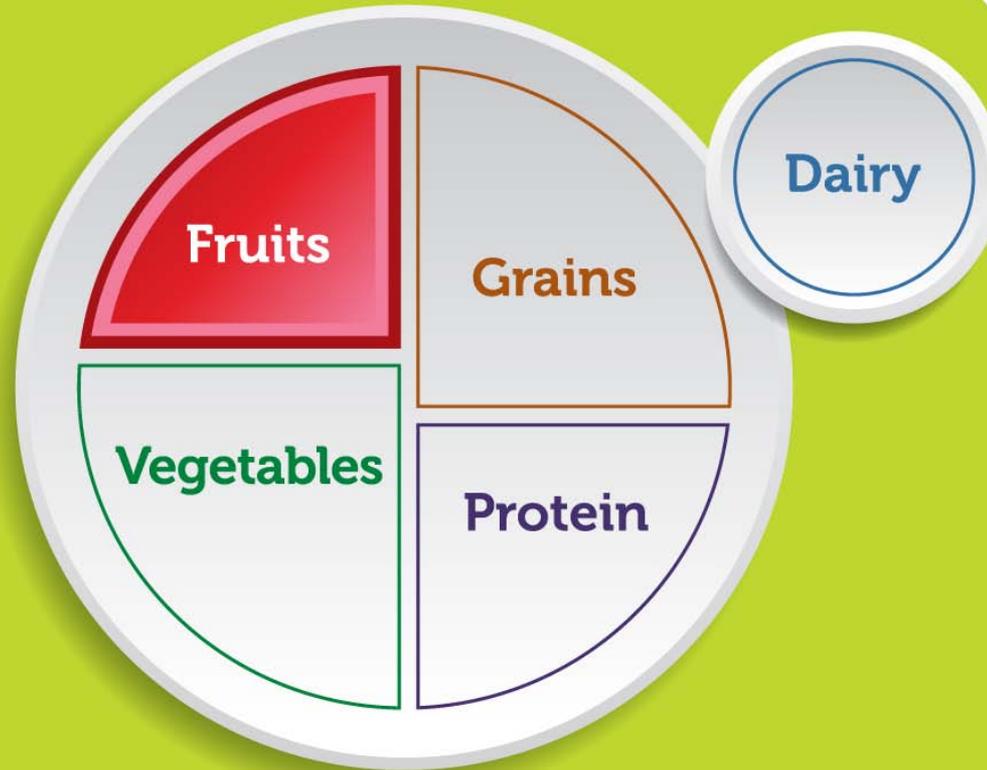
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Do! Messages – Focus on the Foods You Need

- **Focus on fruits**
- **Vary your veggies**
- **Make at least half your grains whole**
- **Go lean with protein**
- **Get your calcium-rich foods**

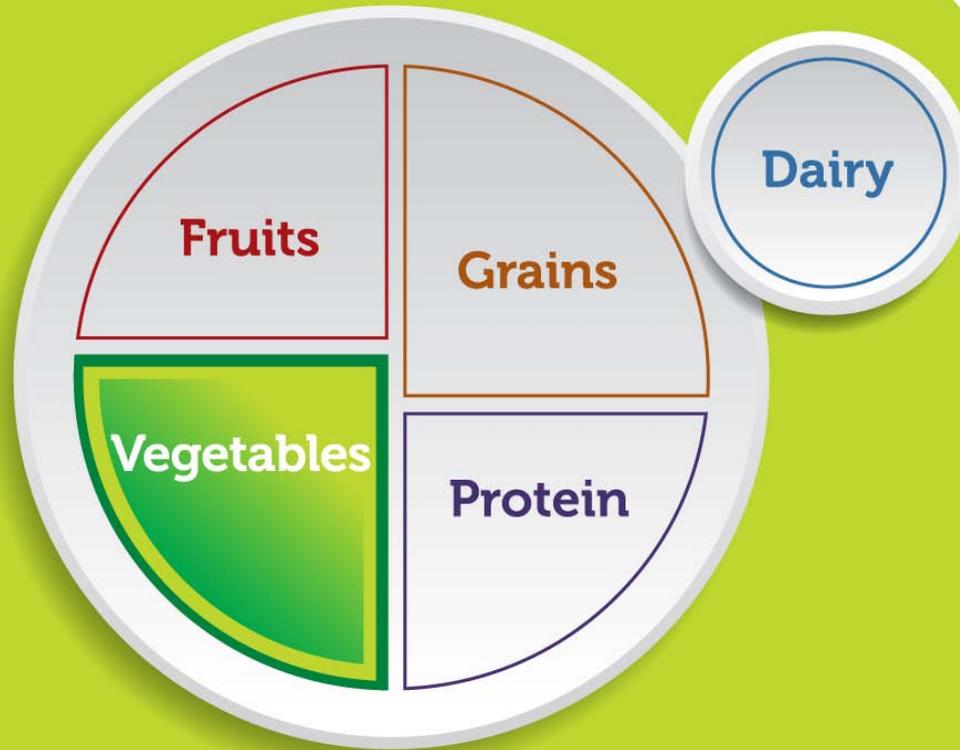


Focus on Fruits



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Vary Your Veggies



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Focus on Fruits

Vary Your Veggies

**Make half your plate
fruits and vegetables**



- Eating more fruits and vegetables may reduce your risk of some chronic diseases.
- Fruits and vegetables provide important nutrients and phytochemicals.
- Fruits and vegetables are naturally low in calories.
- Diets rich in fiber from a variety of plant foods are linked with digestive health, reduced cholesterol, improved blood sugar levels, and a reduced risk of some cancers. Consume plant foods 'closest to their original form' for fiber!
- Important nutrients in fruits and vegetables include: folate, iron, magnesium, potassium, vitamins A & C.
- Phytochemicals and disease-fighting capabilities



Focus on Fruits Vary Your Veggies



Aim to make plant foods the center of your plate; fill in protein foods around them

Choose fruits and vegetables 'closest to their original form'

Start your day with fruit – that's one serving down!

Keep fruit out where you can see it and vegetables pre-cut – more likely to eat it

Incorporate fruits & vegetables into your snack or dessert habits – edamame, dried fruit mixes, carrots or cherry tomatoes and LF dip, apple & peanut butter, vegetable soup, baked apple, frozen grapes, make-your-own popsicles, 'treat' fruits

Take advantage of seasonal produce for freshness and money-savings. For example, a winter dose of orange = winter squashes, sweet potato vs. summer fruits. Change your salad ideas with the seasons

Get cooking with color: reach for a rainbow with green, orange, yellow, red, purple

Try one new recipe or food once a week or once a month. Let family members take turns choosing or try a new food when dining out

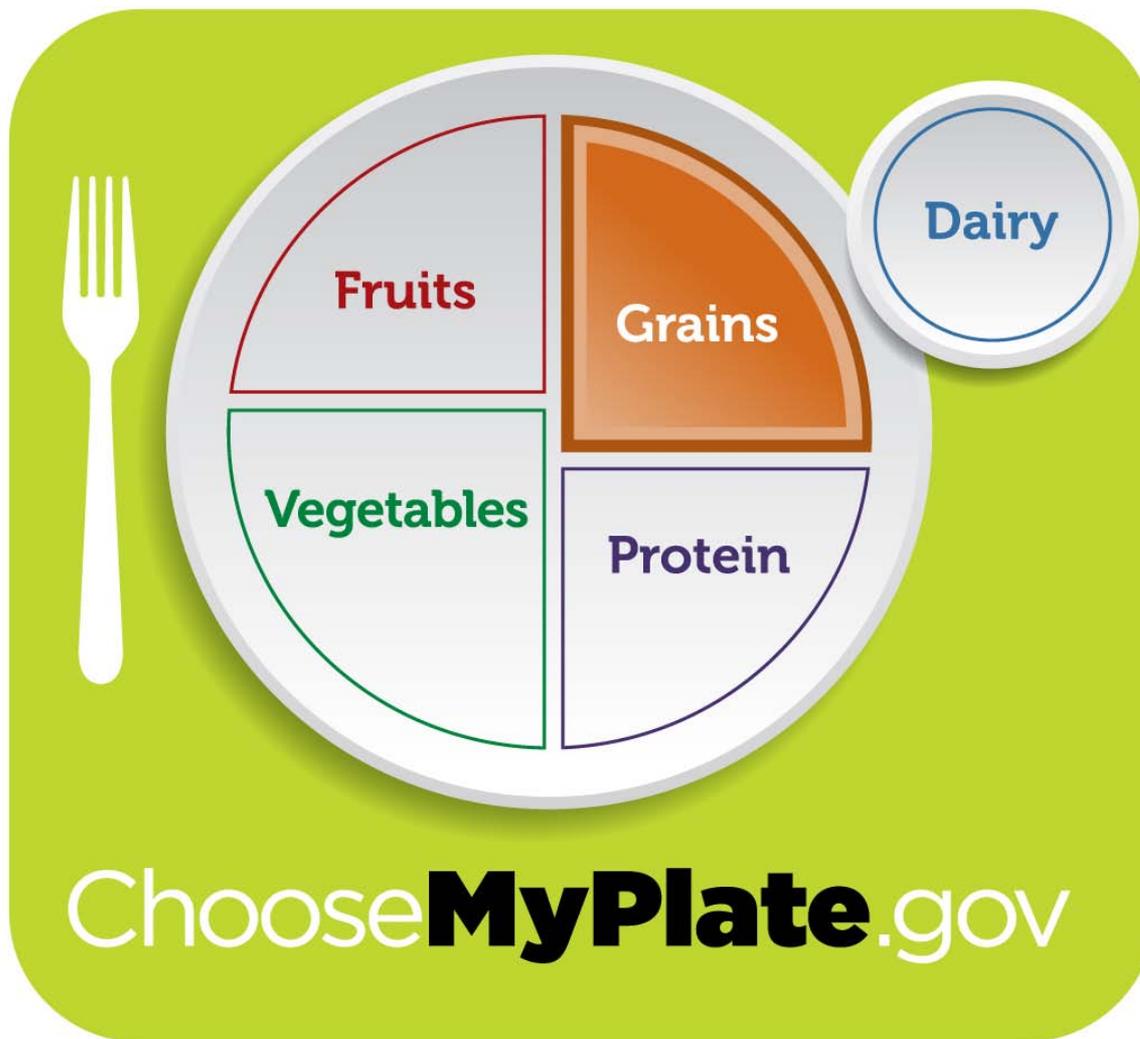
Try a new twist on old favorites: sweet potato fries, mashed cauliflower or parsnips in mashed potato, shredded broccoli into slaw or salad

Add fruits or vegetables in new places: orange sections in a salad, beans in chili or meatloaf, vegetables in pasta sauce or macaroni & cheese

Take advantage of ethnic favorites – many cultures emphasize plant foods, leaving meat as a side dish

Convenience counts – stock up! Dried fruit, canned fruit in juice, frozen fruit and vegetables, reduced sodium soups, canned beans. Pre-cut vegetables or use the salad bar

Make Half Your Grains Whole



Make Half Your Grains Whole

Eat the whole thing!



Examples include: whole wheat, barley, brown rice, whole oats, rolled oats, whole-grain corn, popcorn, whole-grain rye, wild rice, buckwheat, bulgur, cracked wheat, quinoa

- A whole grain has the entire kernel of the grain still intact – includes the germ, the bran, and the endosperm that contain fiber, important B vitamins, vitamin E, and protein
- Studies have shown that increasing whole-grain intake is associated with lower risk of cancer, cardiovascular disease, diabetes, and obesity. Plus, you get all the extra nutrients and fiber compared to a refined grain
- Fiber helps digestive health, can help control blood sugar and cholesterol, and makes you feel full!

Make Half Your Grains Whole

Don't be refined! Try substituting whole grains in place of refined grains at least half the time.

- Brown rice or quinoa vs. white rice
- Whole wheat bread, English muffins, pizza crust vs. 'wheat'
- Whole grain cereals vs. processed cereals. Try mixing at first
- Whole grain pasta vs. regular
- Whole-grain crackers vs. white flour
- Mix in whole grains – oatmeal cookies, whole-grain bread crumbs, barley in soup..
- Snack on whole grains – popcorn, crackers, pita

Read the ingredient label – don't be fooled by color or jargon! A whole grain word should be in the top three ingredients. Fortified, multi-grain or enriched does not mean whole-grain!

Check fiber content for at least 3 gm/serving

Shave the sugar- **added** sugars are a source of empty calories that are part of our 'discretionary budget'.

Check grain foods for **added** sugars by looking both at the ingredient list AND the nutrition facts.

Make choices that do not have added sugars in the top three ingredients or several types of sugar sprinkled through the list. Beside the word sugar, look for syrup, 'ose' words, honey, molasses, crystals, Keep in mind : tsp of added sugar = 4 gm

Nutrition Facts	
Nutrition Facts Per Serving (16 fl oz)	
Amount per serving	
Calories 250	Calories from Fat 60
% Daily value	
Total Fat 6g	9%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 135mg	6%
Total Carbohydrates 38g	12%
Dietary Fiber 0g	0%
Sugars 34g	
Protein 12g	
Vitamin A 10%	Vitamin C 0%
Calcium 40%	Iron 0%
Caffeine 150mg	
*Based on a 2000 calorie diet	

Label Lessons



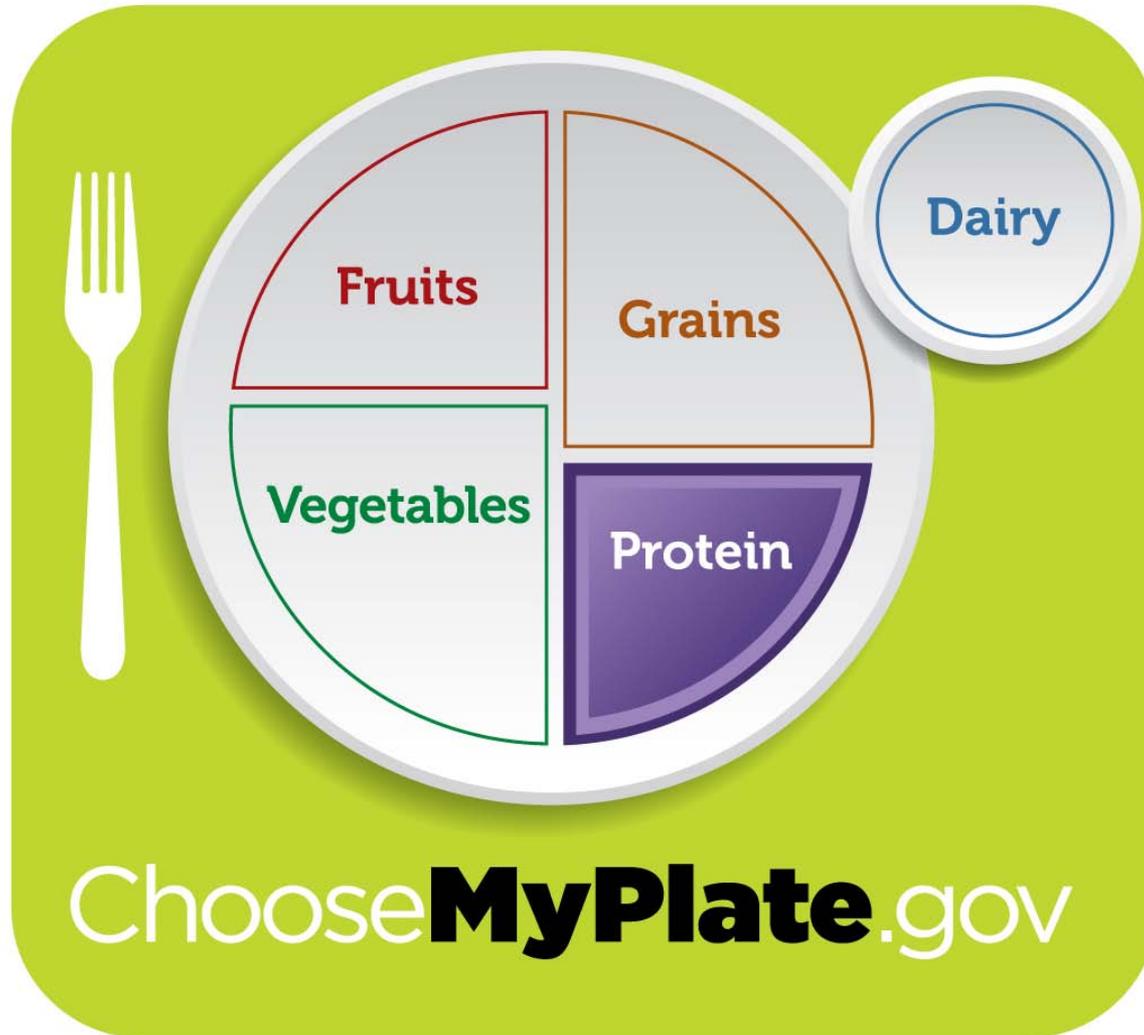
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"The good news: We've created a no-carb pizza.
The bad: You have to eat it through a straw."

Go Lean with Protein



Go Lean with Protein

- Choose lean proteins to reduce intake of 'solid' or saturated fats



*Examples of solid fats and oils

Solid Fats	Oils
Beef, pork, and chicken fat	Canola oil
Butter, cream, and milk fat	Corn oil
Coconut, palm, and palm kernel oils	Cottonseed oil
Hydrogenated oil	Olive oil
Partially hydrogenated oil	Peanut oil
Shortening	Safflower oil
Stick margarine	Sunflower oil
	Tub (soft) margarine
	Vegetable oil

- Meat, poultry, fish, dried beans and peas, eggs, nuts, and seeds provide protein, many of the B-vitamins, iron, zinc, magnesium
- Protein is the building block for the body's structure and many of its functional components (such as enzymes, hormones, immune function)
- Deep cold water fish provide omega-3 fats that benefit heart health

Go Lean with Protein

Start with a lean choice:

'Loin' and 'round' cuts are lean beef and pork choices

Choose extra lean ground beef or use ground turkey or chicken

Choose lean meats for sandwiches such as turkey or roast beef vs. cold cuts. Check the saturated fat and sodium on the nutrition facts panel to compare processed meats

Plant proteins and seafood are lean

Choose proteins 'closest to their original form'



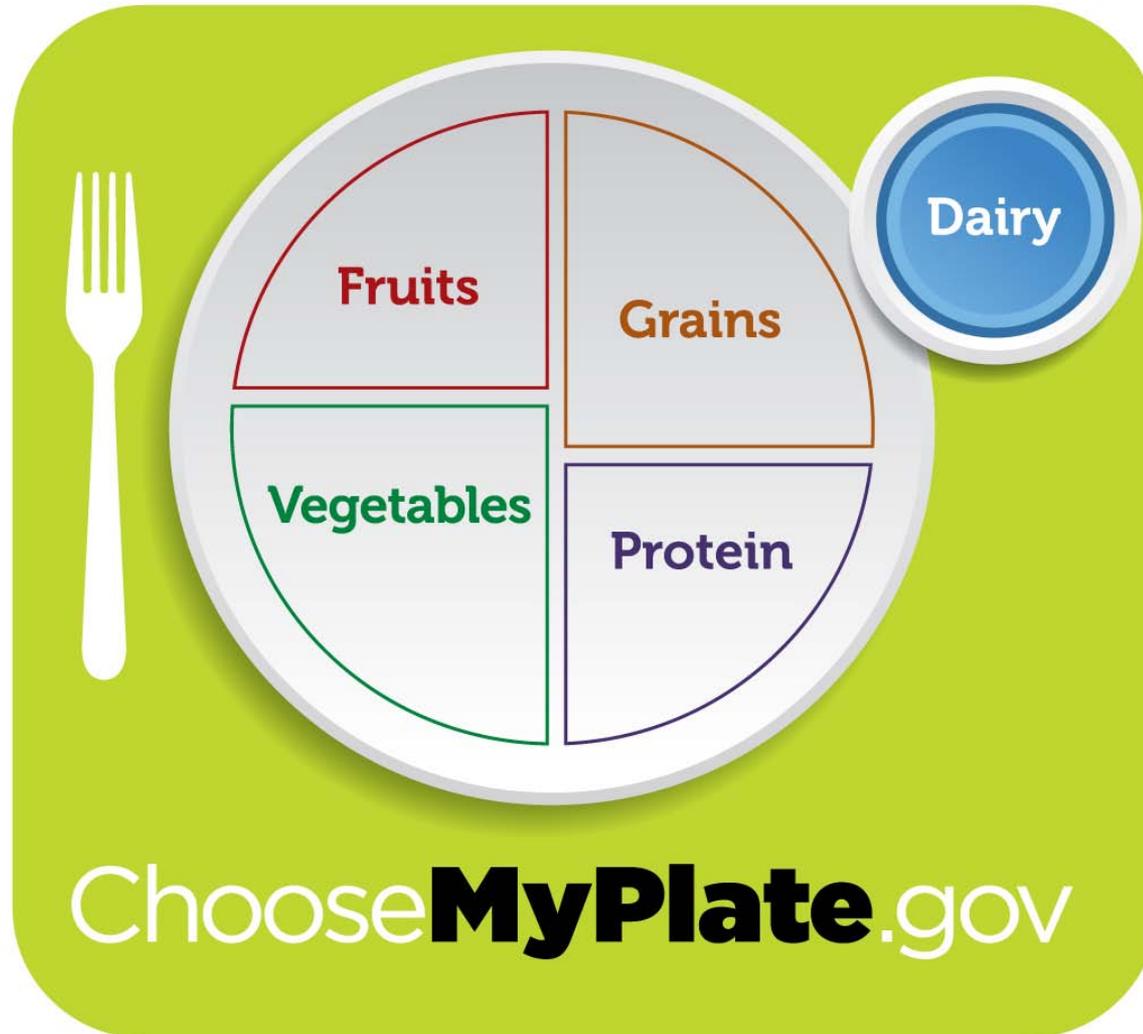
Keep it lean: minimize solid fats

- Remove skin from poultry and visible fat from meat before cooking
- Broil, grill, roast, poach vs. fry or using added high-fat sauces or gravies
- Drain fat that appears during cooking
- Watch your portion. Keep it to the size of your palm (not including fingers!)

Vary your protein choices:

- Choose seafood at least twice a week (salmon, trout, light tuna)
- Choose beans, peas, soy products often or as part of the meal (1/4 cup = 1 oz):
Rice & beans, stir-fry with tofu, hummus on pita, lentil soup, edamame, beans in chili
- Choose unsalted nuts and seeds as snacks or as add-ins: toasted peanuts in a stir-fry, sprinkled nuts on frozen yogurt, toasted walnuts in a salad. (1/2 oz = 1 oz protein)

Get Your Calcium-rich Foods



Get Your Calcium-rich Foods

- Switch to low-fat or fat-free (skim) dairy products



- Intake of dairy products is linked to improved bone health, and may reduce the risk of osteoporosis
- Intake of dairy products is also associated with a reduced risk of cardiovascular disease and type 2 diabetes, and with lower blood pressure in adults
- Adequate Vitamin D status is essential for calcium absorption and may also be linked to decreased risk of some chronic diseases. Milk and soymilk (soy beverage) fortified with vitamin D are good sources of this nutrient.

Get Your Calcium-rich Foods

Skim the fat – use low fat or nonfat versions of milk, yogurt, and cheese.

Gradually switch if taste is a factor .

Choose milk and yogurt more often than cheese to help keep sodium intake in check

Make small ingredient changes

- fat-free evaporated milk vs. cream
- plain yogurt vs. sour cream
- ricotta cheese or Greek yogurt vs. cream cheese
- experiment with brands of low-fat cheeses
- get a skim latte instead of regular coffee
- make oatmeal with milk instead of water

If you enjoy high fat cheese, choose a smaller portion

Aim for three servings/ day – a serving is a cup of milk or yogurt or 1-1/2 oz of cheese

Be a role model!



Lactose intolerant?

Lactose-free milk products, small fish with bones, small portions of dairy, fermented dairy

Vegan?

Check soy or other milk alternatives for calcium and vitamin D fortification

Calcium- fortified juices, cereals

Green leafies contain calcium but it is poorly absorbed in most types and a large portion is needed (3 cups of kale = 1 serving of calcium)

If you take a calcium supplement....

Discretionary budget:

Compare brands of sweet dairy foods for added sugars

Cream cheese and butter are not part of the dairy group; they are considered solid fats

MyPlate Missing Messages

Discretionary calories – ~ 260 calories/ day if sedentary for a 2,000 calorie intake

Added sugars

Solid fats – eat fewer foods that are high in solid fats

Alcohol

Sodium – look out for salt (sodium) in food you buy. It all adds up

Drink water instead of sugary drinks

Soda

Lemonade and other ‘fruit drinks’

Sports and energy drinks

Sweetened teas



One 150 kcal serving a day has over 9 tsp of sugar.

At the end of a year, that is ~3400 tsp of sugar OR more than **six 5-lb bags of sugar** eaten!

In calories, that's 54, 750 or enough extra calories to gain 15 pounds.

SuperTracker Tools

SuperTracker

My foods. My fitness. My health.

Get your personalized nutrition and physical activity plan.

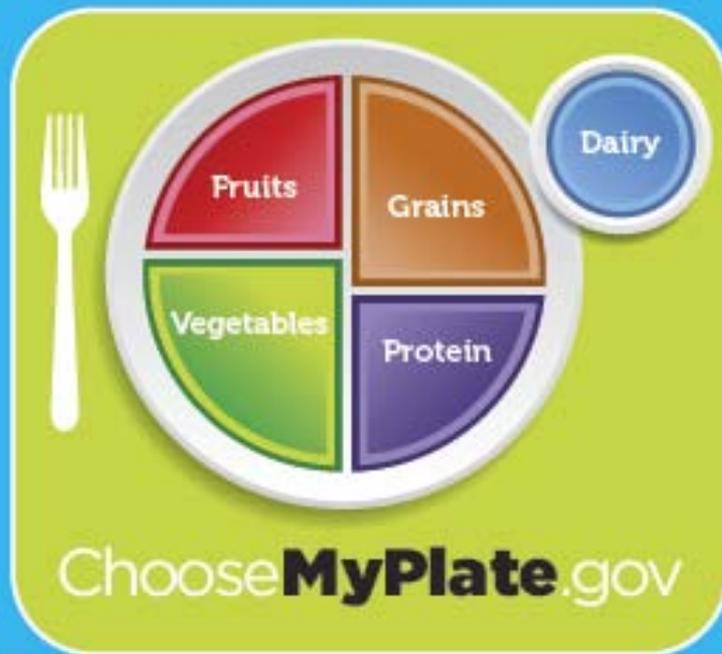
Track your foods and physical activities to see how they stack up.

Get tips and support to help you make healthier choices and plan ahead.



<https://www.choosemyplate.gov/SuperTracker/default.aspx>

What's on your plate?



Before you eat, think about what and how much food goes on your plate or in your cup or bowl. Over the day, include foods from all food groups: vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods.



Make half your plate fruits and vegetables.



Make at least half your grains whole.



Switch to skim or 1% milk.



Vary your protein food choices.



<http://www.youtube.com/watch?v=NjwuzOCuM24>