The New My Plate

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American Diet out of Balance

Key:
- Recommended Intakes
- Actual U.S. Intakes

Percentage

<table>
<thead>
<tr>
<th>USDA Food Groups</th>
<th>Whole</th>
<th>Refined</th>
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<tbody>
<tr>
<td>Grains</td>
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<td>Vegetables</td>
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<tr>
<td>Fruits</td>
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<tr>
<td>Milk</td>
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<td>Meat and beans</td>
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aAt least half of the grain selections should be whole grains.
History of Food Guides

- Food group guides since 1916
- Food Guide Pyramid 1992
- My Pyramid 2005
- My Plate 2011
Choose Your Food Wisely

STUDY THESE FIVE FOOD GROUPS

Every food you eat may be put into one of these groups. Each group serves a special purpose in nourishing your body. You should choose some food from each group daily.

1. VEGETABLES AND FRUITS.
2. MILK, EGGS, FISH, MEAT, CHEESE, BEANS, PEAS, PEANUTS.
3. CEREALS—CORN MEAL, OATMEAL, RICE, BREAD, ETC.
4. SUGAR, SYRUPS, JELLY, HONEY, ETC.
5. FATS—BUTTER, MARGARINE, COTTONSEED OIL, OLIVE OIL, DRIPPINGS, SUET.

You can exchange one food for another in the same group. For example, oatmeal may be used instead of wheat, and eggs, sometimes beans, instead of meat; but oatmeal cannot be used instead of milk. Use both oatmeal and milk.

YOU NEED SOME FOOD FROM EACH GROUP EVERY DAY—DON’T SKIP ANY

1916
A DAY'S PATTERN FOR GOOD EATING
FROM THE "BASIC 7"

BREAKFAST
FRUIT
CEREAL WITH MILK
BREAD BUTTER
BEVERAGE

LUNCH OR SUPPER
MEAT POULTRY-FISH-EGGS-CHEESE
(With Milk or Buttermilk)
VEGETABLE-Cooked or Raw
(Green or Yellow)
BREAD BUTTER
FRUIT MILK

DINNER
MEAT POULTRY-FISH-EGGS-CHEESE
POTATO VEGETABLE SALAD
BREAD BUTTER DESSERT
BEVERAGE
FOOD FOR FITNESS
A Daily Food Guide

MILK GROUP
Some milk for everyone
- Children under 9: 2 to 3 cups
- Children 9 to 12: 3 or more cups
- Teenagers: 4 or more cups
- Adults: 2 or more cups

MEAT GROUP
- 2 or more servings
  - Beef, veal, pork, lamb, poultry, fish, eggs
  - As alternates: dry beans, dry peas, nuts

VEGETABLE FRUIT GROUP
- 4 or more servings
  - Include:
    - A citrus fruit or other fruit or vegetable important for vitamin C
    - A dark-green or deep-yellow vegetable for vitamin A—at least every other day
    - Other vegetables and fruits, including potatoes

BREAD CEREAL GROUP
- 4 or more servings
  - Whole grain, enriched, or restored

Plus other foods as needed to complete meals and to provide additional food energy and other food values

1956
1992

The Food Guide Pyramid

A Guide to Daily Food Choices

Fats, Oils, & Sweets
USE SPARINGLY

Milk, Yogurt, & Cheese Group
2-3 SERVINGS

Vegetable Group
3-5 SERVINGS

Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts Group
2-3 SERVINGS

Fruit Group
2-4 SERVINGS

Bread, Cereal, Rice, & Pasta Group
5-11 SERVINGS

Key:
- Yellow circle: Fat (naturally occurring and added)
- Black triangle: Sugars (added)

These symbols show fat and added sugars in foods.
The Traditional Healthy Mediterranean Diet Pyramid

- Daily Beverage Recommendations: 6 Glasses of Water
- Monthly: Wine in moderation
- Weekly: Meat
- Daily: Sweets, Eggs, Poultry, Fish, Cheese & Yogurt, Olive Oil, Fruits, Beans, Legumes & Nuts, Vegetables, Bread, Pasta, Rice, Couscous, Polenta, Other Whole Grains & Potatoes

Daily Physical Activity
The Vegan Food Pyramid

- **FORTIFIED SOYAMILK** and alternates between 2 and 3 servings
- **VEGETABLES** 3 or more servings
- **BEAN and BEAN alternatives** between 2 and 3 servings
- **OTHER ESSENTIALS** fatty acids, vitamins B12 and D
- **FRUITS** 2 or more servings
- **GRAINS** between 6 and 11 servings
Cut down on:
- Watching TV
- Playing computer games
- Sitting for more than 30 minutes at a time

2-3 times a week:
- Leisure activities
  - Golf
  - Bowling
  - Softball
  - Yardwork

3-5 times a week:
- Aerobic exercise
  - Swimming
  - Bicycling
  - Brisk walking

Everyday:
- Walk the dog
- Take the stairs
- Walk instead of riding
- Make extra steps in your day

2-3 times a week:
- Stretch/strengthen
- Curl-ups; sit-ups
- Weight training

3-5 times a week:
- Recreational sports
  - Basketball
  - Tennis
  - Hiking
  - Soccer
Food Guide Pyramid for 70+

- Fats, Oils & Sweets: Use sparingly.
- Milk, Yogurt, & Cheese Group: 3 servings.
- Meat, Poultry, Fish, Dry Beans, Eggs, & Nut Group: ≥ 2 servings.
- Vegetable Group: 2-3 servings.
- Fruit Group: ≥ 2 servings.
- Bread, Fortified Cereal, Rice, & Pasta Group: ≥ 6 servings.
- Water: ≥ 8 servings.

Symbols:
- •: Fat (naturally occurring and added).
- ▼: Sugars (added).
- f+: Fiber (should be present).

These symbols show fat, added sugars, and fiber in foods.
My Pyramid, 2005

MyPyramid.gov

STEPS TO A HEALTHIER YOU
My Plate, 2011

[Image of the My Plate diagram]

Choose MyPlate.gov
Popular Topics

- Fruits & Veggies Video Contest
- Healthy Eating on a Budget
- SuperTracker
- 10 Tips Nutrition Education Series
- Sample Menus and Recipes
- Dietary Guidelines
- Partnering Program

What’s Cooking?

- Tip of the Day — Try applesauce as a fat-free substitute for some of the oil when baking cakes.
- Communities on the Move Video Challenge — First Lady Michelle Obama’s Let’s Move! initiative invites faith-based, community, and other organizations to create inspiring videos about their efforts to reverse the trend of childhood obesity. Join the March 14 conference call and download the MyPlate Community Toolkit.
- MyPlate Fruits and Veggies Video Challenge — Check out the winners of the video challenge. Get some tips to help you and your family make half your plate fruits and vegetables.

For Consumers

- Dieters
- Pregnant & Breastfeeding Women
- Children (6-11 yrs)
- Preschoolers (2-5 yrs)
- MiPlato (en español)

For Professionals

- Educators/Teachers
- Health Care Professionals
- Partners
- MyPlate Graphics

SuperTracker

The SuperTracker can help you plan, analyze, and track your diet and physical activity.
Daily Food Plans

The Daily Food Plan shows your food group targets – what and how much to eat within your calorie allowance. Your food plan is personalized, based on your age, gender, height, weight, and physical activity level.

Create your personal daily food plan using the SuperTracker’s MyPlan. You will be asked to create a profile, and you can register to save it if you want to.
Daily Food Plan

Want to know the amount of each food group you need daily? Enter your information below to find out and receive a customized Daily Food Plan.

NOTE: Daily Food Plans are designed for the general public ages 2 and over; they are not therapeutic diets. Those with a specific health condition should consult with a health care provider for a dietary plan that is right for them. More tailored Daily Food Plans are available for preschoolers (2-5y) and women who are pregnant or breastfeeding.

Age: 
Sex: [Select] ▼
Weight: 
pounds
Height, feet: 
feet
Height, inches: 

Plans for children 2-8 are based on an average height and weight for their age and gender.

Physical Activity:
Amount of moderate or vigorous activity (such as brisk walking, jogging, biking, aerobics, or yard work) you do in addition to your normal daily routine, most days.

Physical Activity: [Select] ▼

SUBMIT
Please note:

The weight you entered is above the healthy range for your height. This may increase your risk for health problems. Some people who are overweight should consider weight loss. Click here (new window) for more information about health risks and whether you should try to lose weight, or talk with your health care provider.

Would you like a food plan:
- For your current weight?
- To gradually move toward a healthier weight?

Resources for Nutrition & Health

Food Groups
- Fruits
- Vegetables
- Grains
- Protein Foods
- Dairy
- Oils
- Empty Calories

Audiences
- Dieters
- Pregnant & Breastfeeding Women
- Children (6-11 Years)
- Preschoolers (2-5 Years)
- Educators/Teachers
- Health Care Professionals

Printable Materials & Ordering
- 10 Tips Nutrition Education Series
- MyPlate Mini-Poster [PDF - 1.5 MB]
- Coloring Sheets
- MyPlate Images

Related Resources
- Dietary Guidelines
- Food Safety
- Food and Nutrient Data
- USDA Center for Nutrition Policy & Promotion

Additional Information
- Nutrition.gov
- Fruits & Vegetables
- Weight Control
- Diabetes
- Heart Disease

>>> More Links

Stay Connected:
Daily Food Plan

Eating these amounts from each food group daily may help you gradually reach a healthier weight. This plan is a 1400 calorie food pattern. Click here for more information about weight loss diets.

This plan is based on average needs for a 70 year old female, 5 feet 4 inches tall, physically active less than 30 minutes a day, in the healthy weight range. Your calorie needs may be more or less than the average, so check your weight regularly. If you do not see gradual weight loss, adjust the amount you are eating.

- **Grains**
  - 5 ounces tips
- **Vegetables**
  - 1.5 cups tips
- **Fruits**
  - 1.5 cups tips
- **Dairy**
  - 2.5 cups tips
- **Protein Foods**
  - 4 ounces tips

Click the food groups above to learn more.

1 Make Half Your Grains Whole

Aim for at least 2.5 ounces of whole grains a day.
**My Daily Food Plan**

Based on the information you provided, this is your daily recommended amount for each food group.

**GRAINS**
9 ounces

- Make half your grains whole
- Aim for at least **4 1/2 ounces** of whole grains a day

**VEGETABLES**
3 1/2 cups

- Vary your veggies
- Aim for these amounts each week:
  - Dark green veggies = 2 1/2 cups
  - Red & orange veggies = 7 cups
  - Beans & peas = 2 1/2 cups
  - Starchy veggies = 7 cups
  - Other veggies = 5 1/2 cups

**FRUITS**
2 cups

- Focus on fruits
- Eat a variety of fruit
- Choose whole or cut-up fruits more often than fruit juice

**DAIRY**
3 cups

- Get your calcium-rich foods
- Drink fat-free or low-fat (1%) milk, for the same amount of calcium and other nutrients as whole milk, but less fat and Calories
- Select fat-free or low-fat yogurt and cheese, or try calcium-fortified soy products

**PROTEIN FOODS**
6 1/2 ounces

- Go lean with protein
- Twice a week, make seafood the protein on your plate
- Vary your protein routine—choose beans, peas, nuts, and seeds more often
- Keep meat and poultry portions small and lean

**Find your balance between food and physical activity**
Be physically active for at least **150 minutes** each week.

**Know your limits on fats, sugars, and sodium**
Your allowance for oils is **8 teaspoons** a day.
Limit Calories from solid fats and added sugars to **360 Calories** a day.
Reduce sodium intake to less than **2300 mg** a day.

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Your results are based on a **2600 Calorie pattern**.

This Calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your Calorie intake.

Name: ____________________________
Grain Group

- ½ your grains as whole grain
- 1 oz is equivalent to:
  - 1 slice sandwich bread
  - ½ English muffin, small bagel, or small hamburger bun
  - 1 cup ready-to-eat cereal
  - ½ cup cooked rice, pasta, or cereal
  - 7 square or round crackers
Vegetable Group

- Variety throughout the week
- 1 cup on the pyramid is equivalent to:
  - 1 cup raw, cooked or vegetable juice
  - 2 cups raw leafy lettuce
Fruit Group

- Eat a variety
- Go easy on the fruit juice
- 1 cup on the pyramid is equivalent to:
  - 1 cup fresh fruit or 100% fruit juice
  - ½ cup dried fruit
Dairy Group

- Choose low-fat or non-fat dairy products
- 1 cup on the pyramid is equivalent to:
  - 1 cup milk or enriched substitute (ex. soymilk)
  - 1 cup yogurt, frozen yogurt or pudding made w/ milk
  - 1.5 oz natural cheese (cheddar, mozzarella, Swiss, parmesan)
  - 2 oz processed cheese (American)
  - 1/3 cup shredded cheese
  - 2 cups cottage cheese
Protein Group

- Choose low fat or lean meats and poultry
- Choose more fish, beans, nuts and seeds
- 1 oz on the pyramid is equivalent to:
  - 1 oz meat, fish or poultry
  - ¼ cup beans or tofu
  - 1 egg or 2 egg whites
  - 1 Tbsp peanut butter
  - ½ oz nuts or seeds
  - 2 Tbsp hummus
Oil

- 1 Tbsp oil = 3 tsp oil
- 1 oz nuts = 3 tsp oil
- 1 Tbsp PB = 2 tsp oil
- 8 large olives = 1 tsp oil
- ½ medium avocado = 3 tsp oil
- 1 Tbsp soft margarine = 2.5 tsp oil
- 1 Tbsp mayo = 2.5 tsp oil
- 1 Tbsp Miracle Whip = 1 tsp oil
Any Questions?
Thank You!

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