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10 tips Nutrition Education Series

MyPlate MyWins

Based on the Dietary Guidelines for Americans

Focus on fruits

Eating fruit provides health benefits. People who eat more vegetables and fruits as part of an overall healthy eating style are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health, such as potassium, dietary fiber, vitamin C, and folate. Focus on whole fruits—fresh, canned, frozen, or dried—instead of juice. The sugar naturally found in fruit does not count as added sugar.

1 Keep visible reminders

Keep a bowl of whole fruit on the table, counter, or in the refrigerator.



2 Experiment with flavor

Buy fresh fruits in season when they may be less expensive and at their peak flavor. Use fruits to sweeten a recipe instead of adding sugar.

3 Think about variety

Buy fruits that are dried, frozen, and canned (in water or 100% juice) as well as fresh, so that you always have a supply on hand.



4 Don't forget the fiber

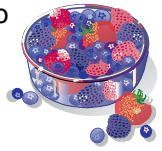
Make most of your choices whole or cut-up fruit, rather than juice, for the benefits that dietary fiber provides.

5 Include fruit at breakfast

At breakfast, top your cereal with bananas, peaches, or strawberries; add blueberries to pancakes; drink 100% orange or grapefruit juice. Or, try a fruit mixed with fat-free or low-fat yogurt.

6 Try fruit at lunch

At lunch, pack a tangerine, banana, or grapes to eat or choose fruits from a salad bar. Individual containers of fruits like peaches or applesauce are easy to carry and convenient for lunch.



7 Enjoy fruit at dinner, too

At dinner, add crushed pineapple to coleslaw or include orange sections, dried cranberries, or grapes in a tossed salad. Try fruit salsa on top of fish.

8 Snack on fruits

Fruits make great snacks. Try dried fruits mixed with nuts or whole fruits like apples. They are easy to carry and store well.

9 Be a good role model

Set a good example for children by eating fruit every day with meals or as snacks.

10 Keep fruits safe

Rinse fruits before preparing or eating them. Under clean, running water, rub fruits briskly to remove dirt and surface microorganisms. After rinsing, dry with a clean towel.



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Based on the **Dietary Guidelines for Americans**

Got your dairy today?

The Dairy Group includes milk, yogurt, cheese, and fortified soymilk. They provide calcium, vitamin D, potassium, protein, and other nutrients needed for good health throughout life. Choices should be low-fat or fat-free—to cut calories and saturated fat. How much is needed? Older children, teens, and adults need 3 cups* a day, while children 4 to 8 years old need 2½ cups, and children 2 to 3 years old need 2 cups.

1 "Skim" the fat

Drink fat-free (skim) or low-fat (1%) milk. If you currently drink whole milk, gradually switch to lower fat versions. This change cuts saturated fat and calories but doesn't reduce calcium or other essential nutrients.



2 Boost potassium and vitamin D, and cut sodium

Choose fat-free or low-fat milk or yogurt more often than cheese. Milk and yogurt have more potassium and less sodium than most cheeses. Also, almost all milk and many yogurts are fortified with vitamin D.

3 Top off your meals

Use fat-free or low-fat milk on cereal and oatmeal. Top fruit salads and baked potatoes with low-fat yogurt instead of higher fat toppings such as sour cream.



4 Choose cheeses with less fat

Many cheeses are high in saturated fat. Look for "reduced-fat" or "low-fat" on the label. Try different brands or types to find the one that you like.

5 What about cream cheese?

Cream cheese, cream, and butter are not part of the dairy food group. They are high in saturated fat and have little or no calcium.

* What counts as a cup in the Dairy Group? 1 cup of milk, yogurt, or soy beverage; 1½ ounces of natural cheese; or 2 ounces of processed cheese.

6 Switch ingredients

When recipes such as dips call for sour cream, substitute plain yogurt. Use fat-free evaporated milk instead of cream, and try low-fat or fat-free ricotta cheese as a substitute for cream cheese.



7 Limit added sugars

Flavored milks and yogurts, frozen yogurt, and puddings can contain a lot of added sugars. Get your nutrients from dairy foods with fewer or no added sugars.

8 Caffeinating?

If so, get your calcium along with your morning caffeine boost. Make or order coffee, a latte, or cappuccino with fat-free or low-fat milk.

9 Can't drink milk?

If you are lactose intolerant, try yogurt, lactose-free milk, or soymilk (soy beverage) to get your calcium. Calcium in some leafy greens is well absorbed, but eating several cups each day to meet calcium needs may be unrealistic.



10 Take care of yourself and your family

Parents who drink milk and eat dairy foods show their kids that it is important for their health. Dairy foods are important to build the growing bones of kids and teens and to maintain bone health in adulthood.

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10 tips
Nutrition Education Series

healthy eating for vegetarians

10 tips for vegetarians

A vegetarian eating pattern can be a healthy option. The key is to consume a variety of foods and the right amount of foods to meet your calorie and nutrient needs.

1 think about protein

Your protein needs can easily be met by eating a variety of plant foods. Sources of protein for vegetarians include beans and peas, nuts, and soy products (such as tofu, tempeh). Lacto-ovo vegetarians also get protein from eggs and dairy foods.

2 bone up on sources of calcium

Calcium is used for building bones and teeth. Some vegetarians consume dairy products, which are excellent sources of calcium. Other sources of calcium for vegetarians include calcium-fortified soymilk (soy beverage), tofu made with calcium sulfate, calcium-fortified breakfast cereals and orange juice, and some dark-green leafy vegetables (collard, turnip, and mustard greens; and bok choy).



3 make simple changes

Many popular main dishes are or can be vegetarian—such as pasta primavera, pasta with marinara or pesto sauce, veggie pizza, vegetable lasagna, tofu-vegetable stir-fry, and bean burritos.

4 enjoy a cookout

For barbecues, try veggie or soy burgers, soy hot dogs, marinated tofu or tempeh, and fruit kabobs. Grilled veggies are great, too!

5 include beans and peas

Because of their high nutrient content, consuming beans and peas is recommended for everyone, vegetarians and non-vegetarians alike. Enjoy some vegetarian chili, three bean salad, or split pea soup. Make a hummus-filled pita sandwich.



6 try different veggie versions

A variety of vegetarian products look—and may taste—like their non-vegetarian counterparts but are usually lower in saturated fat and contain no cholesterol. For breakfast, try soy-based sausage patties or links. For dinner, rather than hamburgers, try bean burgers or falafel (chickpea patties).

7 make some small changes at restaurants

Most restaurants can make vegetarian modifications to menu items by substituting meatless sauces or non-meat items, such as tofu and beans for meat, and adding vegetables or pasta in place of meat. Ask about available vegetarian options.



8 nuts make great snacks

Choose unsalted nuts as a snack and use them in salads or main dishes. Add almonds, walnuts, or pecans instead of cheese or meat to a green salad.

9 get your vitamin B_{12}

Vitamin B_{12} is naturally found only in animal products. Vegetarians should choose fortified foods such as cereals or soy products, or take a vitamin B_{12} supplement if they do not consume any animal products. Check the Nutrition Facts label for vitamin B_{12} in fortified products.

10 find a vegetarian pattern for you

Go to www.dietaryguidelines.gov and check appendices 8 and 9 of the *Dietary Guidelines for Americans, 2010* for vegetarian adaptations of the USDA food patterns at 12 calorie levels.

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Go to www.ChooseMyPlate.gov for more information.

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KIDS FOOD CRITIC ACTIVITY



Let kids select a new fruit, vegetable, or recipe to sample. Have them taste the food and rate it based on visual appeal, smell, taste, and texture using a scale of 1 to 5 where 5 is the best.

DRAW FOOD HERE!

	1	2	3	4	5	
Visual Appeal	○	○	○	○	○	____
Smell	○	○	○	○	○	____
Taste	○	○	○	○	○	____
Texture	○	○	○	○	○	____

TOTAL: ____

TOTAL SCORE



Serve it again?

YES **NO**

FOR EXTRA FUN:

- Have kids choose and prepare foods and have friends, siblings, or parents sample and rate them.
- Present 3 new recipes to sample and compare them.

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Find Your Healthy Eating Style & Maintain It for a Lifetime

Start with small changes to make healthier choices you can enjoy.

Follow the MyPlate building blocks below to create your own healthy eating solutions—"MyWins." Choose foods and beverages from each food group—*making sure that your choices are limited in sodium, saturated fat, and added sugars.*

Make half your plate fruits and vegetables: Focus on whole fruits

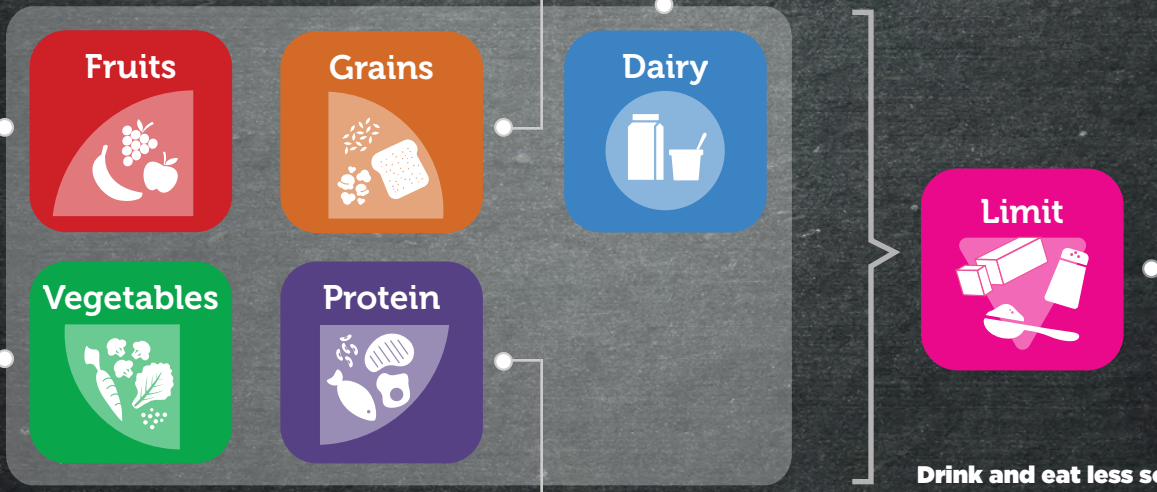
- Choose whole fruits—fresh, frozen, dried, or canned in 100% juice.
- Enjoy fruit with meals, as snacks, or as a dessert.

Make half your grains whole grains

- Look for whole grains listed first or second on the ingredients list—try oatmeal, popcorn, whole-grain bread, and brown rice.
- Limit grain desserts and snacks, such as cakes, cookies, and pastries.

Move to low-fat or fat-free milk or yogurt

- Choose fat-free milk, yogurt, and soy beverages (soy milk) to cut back on saturated fat.
- Replace sour cream, cream, and regular cheese with low-fat yogurt, milk, and cheese.



Make half your plate fruits and vegetables: Vary your veggies

- Try adding fresh, frozen, or canned vegetables to salads, sides, and main dishes.
- Choose a variety of colorful veggies prepared in healthful ways: steamed, sautéed, roasted, or raw.

Vary your protein routine

- Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry.
- Try main dishes made with beans and seafood, like tuna salad or bean chili.

Drink and eat less sodium, saturated fat, and added sugars

- Use the Nutrition Facts label and ingredients list to limit items high in sodium, saturated fat, and added sugars.
- Choose vegetable oils instead of butter, and oil-based sauces and dips instead of ones with butter, cream, or cheese.
- Drink water instead of sugary drinks.

MyWins

ChooseMyPlate.gov

Everything you eat and drink matters.
The right mix can help you be healthier now and into the future. Find your MyWins!

Visit ChooseMyPlate.gov *to learn more.*

Center for Nutrition Policy and Promotion
January 2016

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