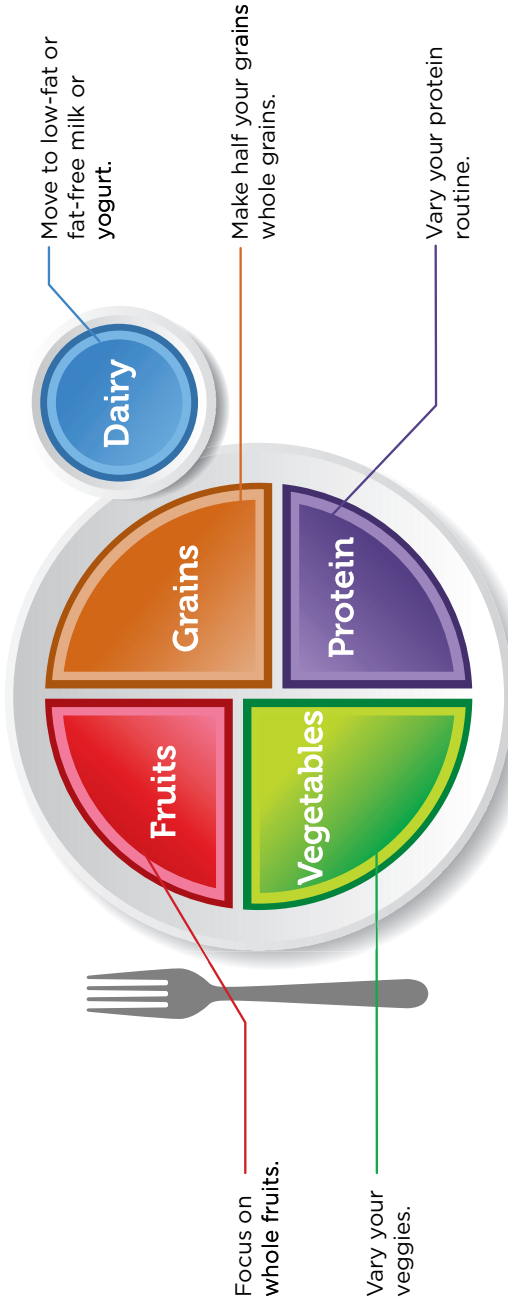


# MyPlate



## MyPlate, MyWins: Make it yours

Find your healthy eating style. Everything you eat and drink over time matters and can help you be healthier now and in the future.



Choose **MyPlate**.gov



**Limit the extras.**

Drink and eat beverages and food with less sodium, saturated fat, and added sugars.



**Create 'MyWins' that fit your healthy eating style.**

Start with small changes that you can enjoy, like having an extra piece of fruit today.

U.S. Department of Agriculture. ChooseMyPlate.gov Website. Washington, DC. Retrieved, June 15, 2016 from [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov).

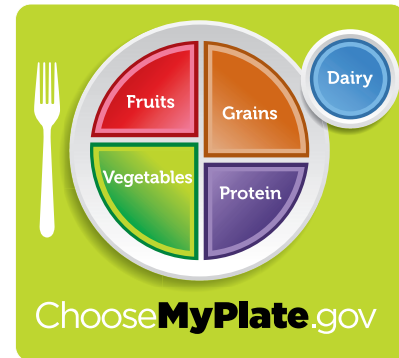
## Getting Started with MyPlate Online Tools

ChooseMyPlate.gov website has great online tools. Here are some of them that you can use during your program.

**Step 1** Using a computer, go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov).

**Step 2** Click on “Online Tools”

**Step 3** Familiarize yourself with the online tools.



**SuperTracker** Can help you plan, analyze, and track your diet and physical activity.

**What’s Cooking? USDA Mixing Bowl** Is an interactive tool to help with healthy meal planning, cooking and grocery shopping.

**MyPlate Daily Checklist** Shows your daily food group targets—what and how much to eat within your calorie allowance.

**BMI Calculator** Enter your weight and height into BMI (Body Mass Index) calculator to find out your current weight status.

**Portion Distortion** To see if you know how today’s portions compare to the portions available 20 years ago, quiz yourself.

**Quizzes** Test your knowledge about the MyPlate food groups and other nutrition-related information.

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## The Food Groups

|                           |   |
|---------------------------|---|
| <b>Food Groups</b>        | Foods in a group have similar nutrients and have the same function in our bodies. For example, protein is found in both peanuts and meat.   |
| <b>Snacks</b>             | Foods we eat between breakfast, lunch, and dinner.  |
| <b>Nutritious</b>         | Feeding our bodies.   |
| <b>Less Nutritious</b>    | Non-nutritious foods that make us feel full but do <i>not</i> feed our bodies.  |
| <b>Feeding Our Bodies</b> | Eating foods that have nutrients help our bodies feel strong, keep us from getting sick, or cause us to weigh too much or too little.   |
| <b>Nutritious Snacks</b>  | Nutritious snacks have ingredients that feed our bodies (e.g., fruits, raw vegetables, nuts, whole wheat bread).<br>Non-nutritious snacks contain a lot of sugar, salt, and fat (e.g., doughnuts, soda pop, candy, potato chips). |

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- 1. Milk group**—Milk or foods made from milk, such as yogurt, cheese, and ice cream. Butter comes from milk but it is mostly fat, so it goes in another group.  
*Main function:* Keeps bones and teeth strong
  - 2. Meat group**—Beef, pork, hamburgers, hot dogs, eggs, fish, and chicken. Also, beans, peas, and nuts because they contain protein.  
*Main function:* Growth and repair of tissue
  - 3. Fruit group**—Apples, oranges, bananas, and the juices from fruits.  
*Main function:* Helps heal cuts and bruises, keeps gums healthy, helps protect body from illness, makes skin softer and healthy looking
  - 4. Vegetable group**—Potatoes, carrots, cabbage, spinach, corn, and the juices from vegetables.  
*Main function:* Helps heal cuts and bruises, keeps gums healthy, helps protect body from illness, helps us see better at night.
  - 5. Bread and cereal group**—Bread, crackers, rice, and pasta, such as spaghetti and macaroni.  
*Main function:* Gives body energy for work and play
  - 6. Combination foods**—Many food groups are combined in one meal. For example, pizza may have foods from the milk group, meat group, vegetable group, and the bread and cereal group.

## Making Your Own Nutrition Cards

If you want to create your own nutrition cards, you can make them yourself in a few easy steps.

- 1. Include participants in the process of making the nutrition cards.**
- 2. Collect old food magazines or advertisements from grocery stores.** Cut out foods from different food groups.
- 3. Sort foods.** Put pictures of each of the foods in folders.

**Fats, oils, and sweets**

**Milk group**

**Meat group**

**Fruit group**

**Vegetable group**

**Bread and cereal group**