

My Plate & Beyond

(by Christy Bahan, RD LD CD)



Q: **What is My Plate?** <http://www.choosemyplate.gov/>

A: It is a visual guide put out by the USDA.

It replaced the Food Guide Pyramid in June, 2011.

It is meant to help the public put into practice the Dietary Guidelines.

Key Components to building a Healthy Eating Style:

- Make half your plate vegetables and fruits.
- Make half of your grains whole grains.
- Choose Low-fat & fat-free dairy.
- Vary your protein to include lean meat, poultry, seafood, eggs & plant-based sources such as: beans, nuts, seeds, & soy.
- Limit saturated fat, sodium, & added sugars in your foods & beverages.

Other resources on the choosemyplate website:

- What foods are in which food group & what counts as a serving size
- Nutrient & health benefits, along with amounts each age group needs
- Tips for eating & a food Gallery
- Online tools & popular topics

Nutrition Facts panel:

SO much information! Where to begin?

Serving Size!

Without checking the serving size, the numbers that follow may not be accurate!

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	30g 37.5g
Dietary Fiber	25g 30g

For a more detailed explanation & examples:

<http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm274593.htm>

Q: What is the difference between **Serving size** & **Portion size**?

A: Serving size means a **standard measured amount**.

Portion size means the **amount you choose to eat** (which could be multiple servings!).

To see some Standard Serving Sizes as compared to **everyday items**:

<http://www.webmd.com/diet/healthtool-portion-size-plate>

To learn how Portions have **changed over the years**, take the interactive quiz:

<http://www.nhlbi.nih.gov/health/educational/wecan/eat-right/portion-distortion.htm>