

BUILD A HEALTHY PLATE

FEATURING THE NEW
2015-2020 DIETARY GUIDELINES

PROJECT SPONSORS



- Funded by USDA Supplemental Nutrition Assistance Program Education (SNAP-Ed) through PA Department of Human Services (DHS)
- School District of Philadelphia
- Drexel University Department of Nutrition Sciences



Funded by the Pennsylvania (PA) Department of Human Services (DHS) through PA SNAP-Ed, a part of USDA's Supplemental Nutrition Assistance Program (SNAP). To find out how SNAP can help you buy healthy foods, contact the DHS toll-free Helpline at 800-692-7462 or 215-430-0556. This institution is an equal opportunity provider.

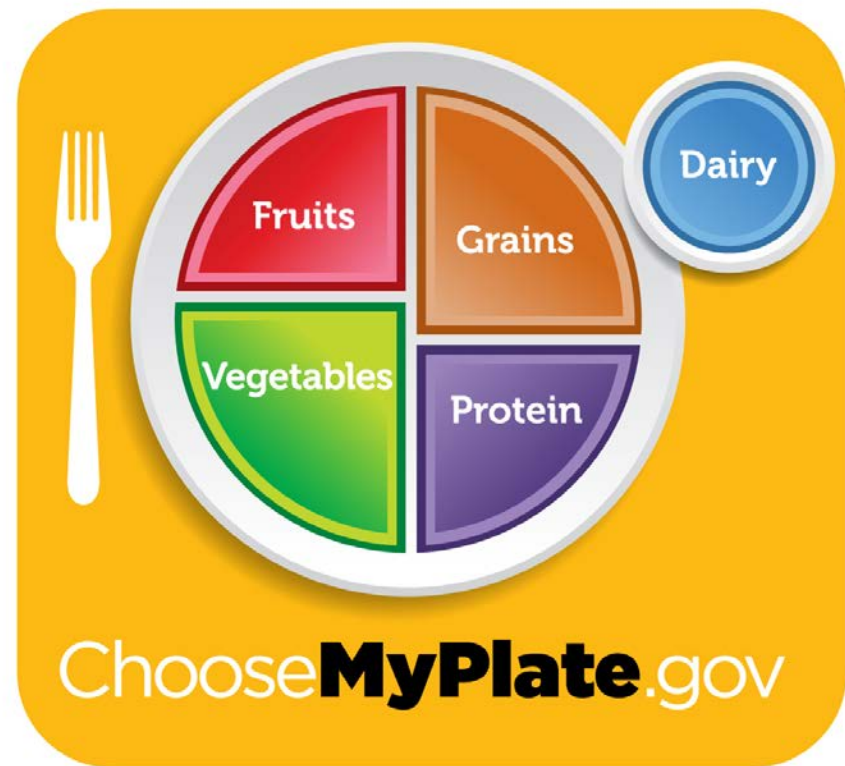
WHY IS A HEALTHY DIET IMPORTANT?

- Manage weight
- Prevents overweight and obesity
- Reduces the risk of chronic disease
- Reduces the risk of early mortality
- Better quality of life



WHAT IS MYPLATE?

- Healthy eating style
- Five food groups
- Visual place setting
- Dietary Guidelines for Americans



KEY UPDATES



- 1) Find your healthy eating style for a lifetime.
- 2) Focus on variety, amount, and nutrition.
- 3) Limit calories from saturated fat, sodium, and added sugars.
- 4) Shift to healthier food and beverage choices
- 5) Support healthy eating styles for everyone.

1) HEALTHY EATING STYLES

- Accounts for all foods and beverages
- Appropriate calorie level
- Everything over time matters
- Makes you healthier

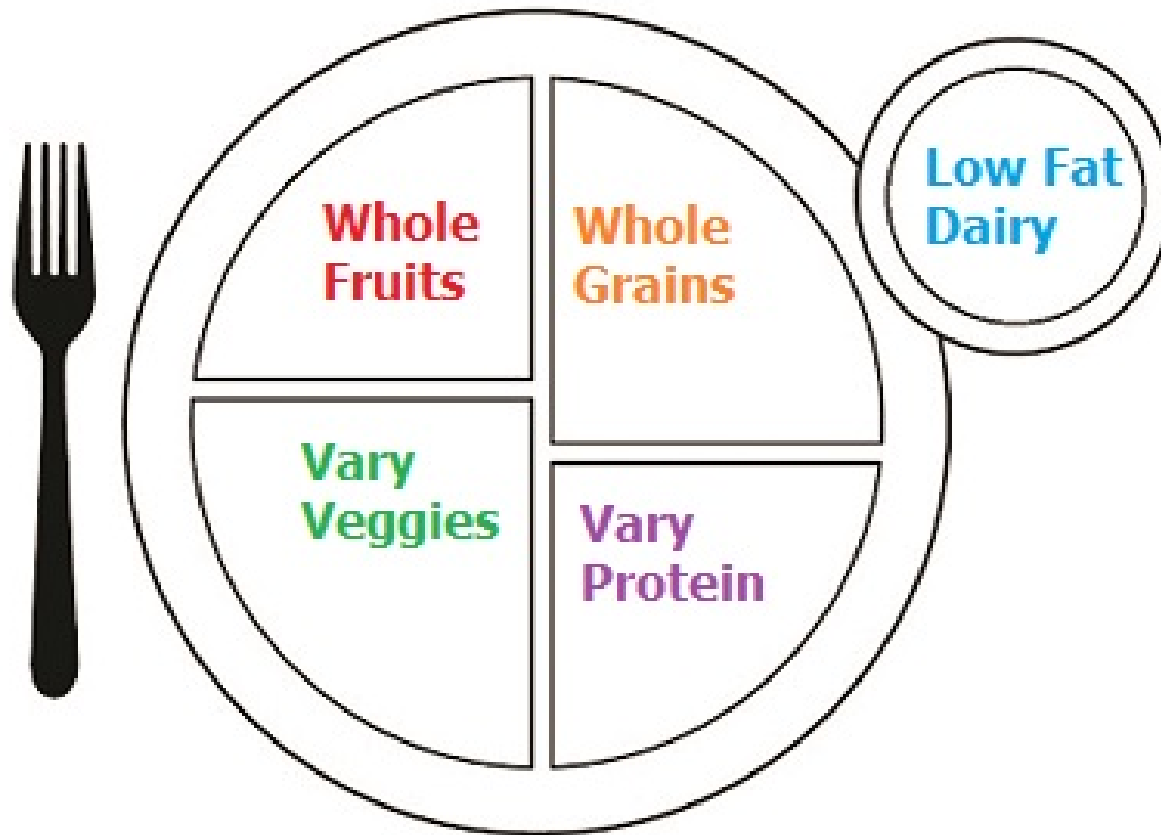


2) VARIETY, AMOUNT, AND NUTRITION

- Variety – choose from all 5 food groups
- Amount – eat the right amount of calories
- Nutrition – build a healthy eating style to maintain weight and reduce risk of disease



MYPLATE TIPS



3) LIMIT SOFAS



- Saturated fat & trans fat → heart disease
- Replace with healthy unsaturated fat



- Sugar adds calories → weight gain
- Choose water, 100% juice, and fruit for dessert

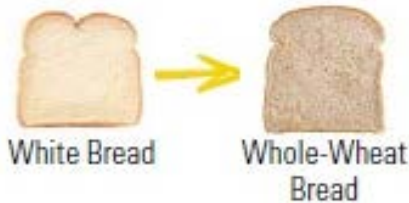


- Raises blood pressure → hypertension
- Season with spices and herbs



4) SHIFT TO HEALTHIER CHOICES

Whole Grains



Vary protein



Low fat dairy



Oils



Reduce added sugars



Lower salt



5) HEALTHY EATING FOR ALL

- Create settings where healthy choices are available and affordable to you and others in your community.

How can you help your community?



PHYSICAL ACTIVITY

- **Choose activities you like to do**
 - Aerobic
 - Muscle-strengthening
 - Bone-strengthening
 - Balance and stretching
- Do what you can, at least 10 minutes at a time
- **Build up to 60 minutes of moderate to vigorous activity per day**



ACTIVITY

Do you know your food groups?

- Sort the foods into the correct food groups
- It looks easier than it really is!



GET TO KNOW MYPLATE FOOD GROUPS- ANSWERS

Grains	Vegetables	Fruits	Dairy	Protein Foods	Added Sugars &/ or Saturated Fats
Brown Rice	Collard Greens	Avocado	Frozen Yogurt	Peanut Butter	Soda
Oatmeal	Asparagus	Banana	Strawberry Milk	Black Beans	Cupcake
Potato Bread	Kale	100% Juice	Almond Milk	Rib	Candy Bar
Granola	Cauliflower	Prunes	Swiss Cheese	Eggs	Creamy Dressing
Blueberry Bagel	Sweet Potato	Nectarine		Canned Salmon	Cream Cheese
				Sausage	

ACTIVITY

How does your diet compare?

- List your food choices for today
- Make goals to improve your eating pattern tomorrow



QUESTIONS?

