

# CHOOSEMYPLATE

ChooseMyPlate.gov



The concept of MyPlate illustrates the five food groups that are the building blocks for a healthy diet using a familiar image—a place setting for a meal.

Before you eat, think about what goes on your plate.

The key components of the ChooseMyPlate concept is to make sure that half of the plate is fill of fruits and vegetables, with a little less than a quarter being lean proteins, the balance being whole grains and your dairy choices should be low fat. It's that easy!

The new guidelines focus on 3 key areas...

## Balancing Calories

- Enjoy your food, but eat less
- Avoid over sized portions

## Foods to Increase



- Make half your plate fruits and vegetables
- Make at least half your grains whole grains
- Go lean with protein
- Eat calcium rich foods and switch to fat-free or low fat (1%) milk

### Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals and choose the foods with lower numbers
- Drink water instead of sugary drinks

Visit the [ChooseMyPlate.gov](http://ChooseMyPlate.gov) website to learn more about healthy eating with tips, videos, diet plans, games, activities and a nutrition and fitness tracking calculator.

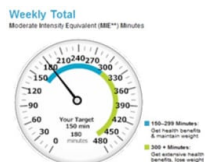
## SuperTracker - your personal Nutrition and Fitness tracking tool



Get on track to a new healthier you...it's time to create your own personal nutrition and fitness plan using the new USDA SuperTracker.

This new nutrition and fitness tracking tool combines the simplicity of the ChooseMyPlate visual diagram for recommended foods with the importance of getting a healthy dose of physical activity heralded in the Let's Move campaign.

You can track what you eat, record minutes of exercise, watch your weight, and then best of all, track your progress through a series of easy to use graphical calculators and reports.



Think of the SuperTracker as your very own personal trainer that helps you put together your personal health plan, setting personal health and fitness goals, and then tracks and coaches your progress.

When setting up your personal profile you can customize the activities you like to do and the duration you like to do them. SuperTracker is the complete package.



Today	Physical Activity Target	Daily Calorie Limit	Daily Food Group Targets																								
01/07/12	Week of 01/01/12 to 01/07/12 Target: AT LEAST 150 minutes per week Actual: 0 minutes	Allowance: 2000 Eaten: 0 Remaining: 2000	<table border="1"><thead><tr><th></th><th>Grains</th><th>Vegetables</th><th>Fruits</th><th>Dairy</th><th>Protein Foods</th></tr></thead><tbody><tr><td>Target</td><td>0 oz.</td><td>2 1/2 cup(x)</td><td>2 cup(x)</td><td>3 cup(x)</td><td>5 1/2 oz.</td></tr><tr><td>Eaten</td><td>0 oz.</td><td>0 cup(x)</td><td>0 cup(x)</td><td>0 cup(x)</td><td>0 oz.</td></tr><tr><td>Status</td><td>-</td><td>-</td><td>-</td><td>-</td><td>-</td></tr></tbody></table>		Grains	Vegetables	Fruits	Dairy	Protein Foods	Target	0 oz.	2 1/2 cup(x)	2 cup(x)	3 cup(x)	5 1/2 oz.	Eaten	0 oz.	0 cup(x)	0 cup(x)	0 cup(x)	0 oz.	Status	-	-	-	-	-
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[Click to view video on how to set up your own personal SuperTracker](#)

## MyPlace Kid's Place

MyPlate Kids' Place



The MyPlate Kid's Place is a brand new section of the ChooseMyPlate website that is packed full of interactive resources designed to keep today's tech savvy kids engaged and entertained...all while learning about nutrition and how to stay physically fit.

Full of games, activities, songs and videos parents love it too!

The [ChooseMyPlate](#) concept was released June 2, 2011 by First Lady Michelle Obama, and the USDA under the leadership of Tom Vilsack, Secretary of Agriculture. The old Food Pyramid has been replaced with new

simpler concept of ChooseMyPlate. This simple plate method of meal planning has long been used by dieticians and provides an easy familiar graphic of the dinner plate to help better understand the [2010 Dietary Guidelines](#) of how we should be choosing a healthy diet. Click on [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) to see more info.

