

“What’s on YOUR Plate?”

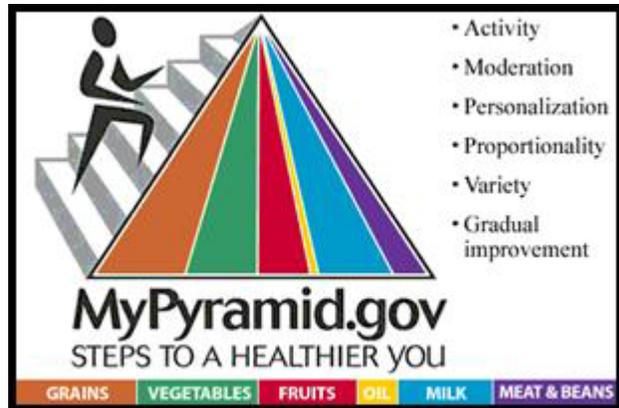
Every five years, The United States Department of Agriculture (USDA) reviews and updates the Dietary Guidelines for Americans. It is a list of suggestions that is given to consumers to improve their health

based on the latest research available. Then USDA develops a model/visual to help reinforce those messages.

So now, as a result of the **2010 Dietary Guidelines** being issued recently, the “Food Guide Pyramid” (2000) and the “MyPyramid” (2005) are moving over to make way for a new visual presentation of what healthy eating is all about and it is called “**MyPlate.**” To help local residents stay informed of these changes, UF/IFAS-Pasco County Extension Family & Consumer Sciences Agent, **Betsy Crisp** is asking Pasco residents to take a closer look at what is on their plate.

“We have been teaching youth as well as adults for the past ten years how to make healthy food choices by using the well-known pyramid shape and some individuals still find it a little confusing ” explains, Crisp. “Now, after much research USDA has come up with a very simple graphic that relates everything you eat to a simple plate, something that you have in front of you at every meal.”

The basic principals remain the same—There are still five food groups: **Grains**; **Vegetables**; **Fruits**; **Dairy** (formerly referred to as **Milk**); and **Protein** (formerly referred to as **Meat & Beans**).

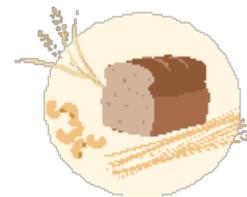


The three key messages are also kept simple: 1) Balance your calories; 2) there are food s that we all need to increase and 3) foods that we need to reduce amounts we are eating.



Balancing calories simply means that we can enjoy the foods that we eat but need to eat less (avoid the temptation to super-size and watch portions we eat).

Foods that most need to increase are fruits and vegetables and that is why they should take up half your plate. When eating grains, be sure to make at least half your grains whole. Dairy products should be either low-fat (1%) or fat-free (skim).



Foods to reduce would be those high in sodium so watch out and read the labels especially on soups, frozen meals and box mixes. Avoid sugary drinks and drink more water instead.

Additional information available for download from USDA:

Dietary Guidelines consumer brochure:

<http://www.choosemyplate.gov/downloads/MyPlate/DG2010Brochure.pdf>

Sample menus (2000 calorie):

http://www.choosemyplate.gov/downloads/Sample_Menus-2000Cals-DG2010.pdf

DG2010 Selected Messages for Consumers:

<http://www.choosemyplate.gov/downloads/MyPlate/SelectedMessages.pdf>

The Pasco County Extension is part of a four-way partnership, funded by the United States Department of Agriculture, University of Florida, Pasco County Board of County Commissioners and several grants and local donations. For more information, call **Betsy Crisp, MS. LD at (813) 996-2411, Ext. 2456** or visit

Extension Family and Consumer Sciences Web Site –

[Http://pasco.ifas.ufl.edu/fcs](http://pasco.ifas.ufl.edu/fcs)