

Visual of Actual Display



Suggested Layout

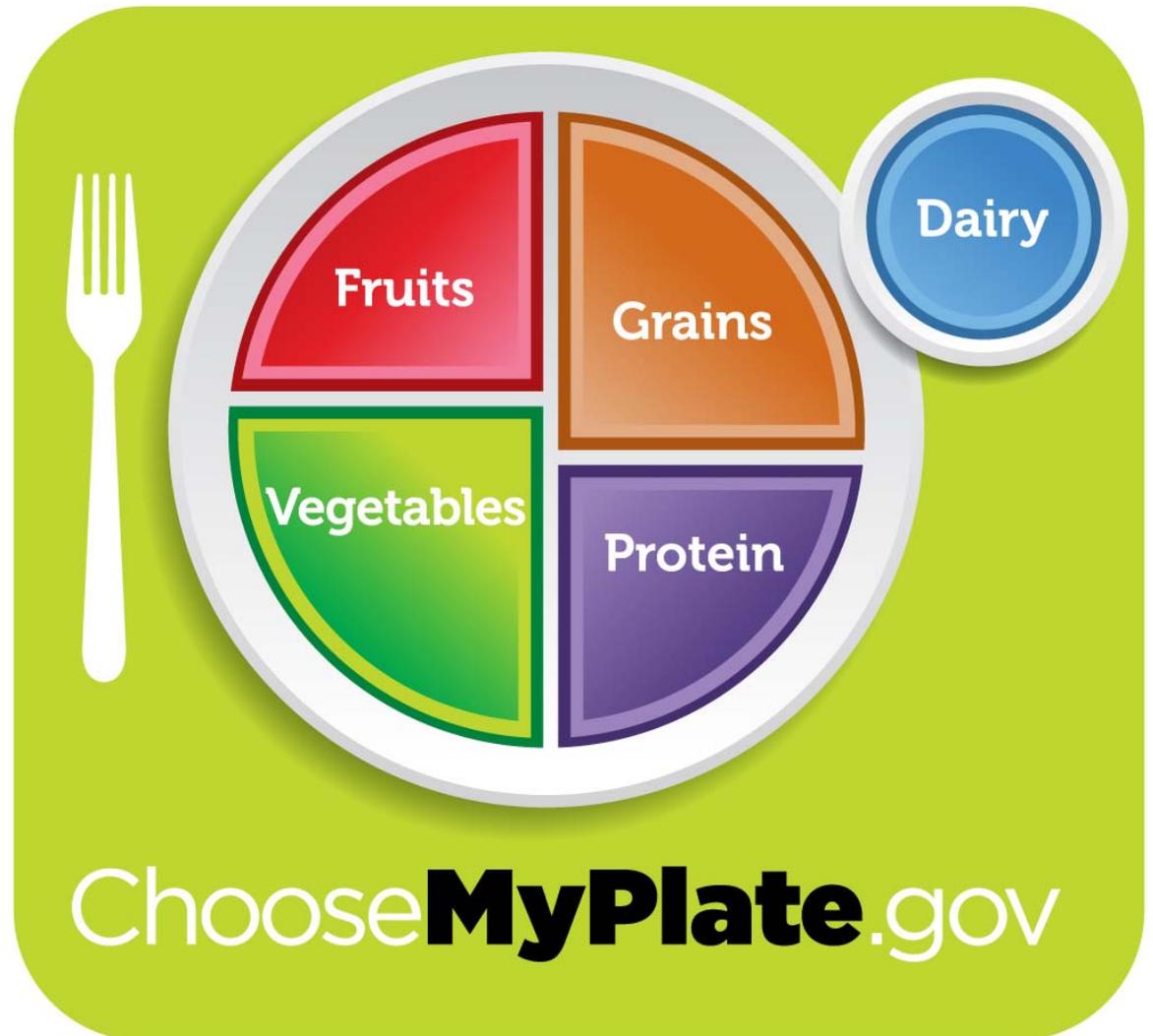
Protein (slide 10) 8.5 x 11		MyPlate (slide 3) 8.5 x 11		Balance Food and Physical Activity (slide 14) 8.5 x 11
PROTEIN (slide 11) 8.5 x 11	Healthy Tips (slide 4) 8.5 x 11	VEGETABLES (slide 7) 8.5 x 11		Whole Grains (slide 15) 8.5 x 11
Dairy (slide 12) 8.5 x 11	FRUITS (slide 5) 8.5 x 11	Vegetables (slide 8) 8.5 x 11		GRAINS (slide 16) 8.5 x 11
DAIRY (slide 13) 8.5 x 11	Fruits (slide 6) 8.5 x 11	5 Vegetable Subgroups (slide 9) 8.5 x 11		Limit Fats, Sodium and Sugars (slide 17) 8.5 x 11

Supplies Needed

- Tri-fold board (48"x36") or similar display area
- Printed PowerPoint slides (15) on 8"x11" card stock paper.
- Tape or push pins
- **Suggested Display Items:**
 - Dry measuring cups (1/4, 1/3, 1/2 and 1 cup)
 - Liquid measuring cup (8 ounce)
 - Bottles of water, 16-20 ounces (at least one bottle)
 - Examples of whole grains (bread, pasta, popcorn, cereal, rice)
 - Examples of fat-free or low-fat dairy products (milk, yogurt)
 - Examples of fish packaging such as salmon, tuna packed in water
 - Examples of healthy snack choices meeting guidelines listed above for food groups.
 - Dinner and luncheon plate
- **Suggested Handout:**
 - 10 tips to a great plate - <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet1ChooseMyPlate.pdf>
- **Food Sample Suggestions:**
 - **Serving size pieces of fruit, vegetables, cheese slices/whole wheat crackers, yogurt with granola and/or fruit selections, mix of whole grain cereals, nuts and raisins, etc.**
- **References:**
 - **USDA ChooseMyPlate**

MyPlate

**How to
Create
Your Great
Plate**

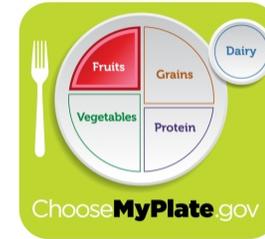


Healthy Tips

1. Make half your plate vegetables and fruits.
2. Make at least half your grains whole grains.
3. Switch to fat-free or low-fat (1%) milk and dairy products.
4. Go lean with protein.
5. Drink water instead of sugary drinks.
6. Avoid oversized portions.



FRUITS



Sources: Fresh, frozen or canned, or 100% juice.

1/2 banana



Serving Size: 1 cup = 1 small orange, 1 cup berries, 1/2 cup dried fruit, 1 cup juice.

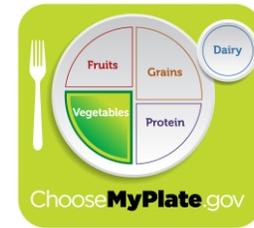


1 cup = 8 oz.

Goal: At least 2 cups each day.

Fruits are low in fat and calories. They contain nutrients you need, such as potassium, fiber and vitamin C.

VEGETABLES



Sources: Fresh, frozen or canned, or 100% juice.

Serving Size: 1 cup = 1 cup cooked or raw, 2 cups raw leafy greens, 12 baby carrots, 2 stalks celery or 1 cup juice.

Goal: At least 2 ½ cups each day.

***Vegetables** are low in fat and calories. They have nutrients you need, including potassium, folic acid, vitamins A & C and fiber.*

5 Vegetable Subgroups

1. Dark Green

- Broccoli, spinach, romaine lettuce



2. Red and Orange

- Carrots, red pepper, sweet potato



3. Legumes

- Black beans, kidney beans, garbanzo beans



4. Starchy

- Corn, baked potato, green peas



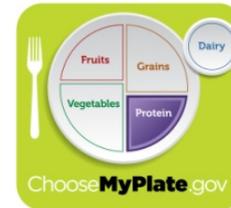
5. Other

- Cauliflower, zucchini, green beans, onions, mushrooms



*Protein helps to
build and
maintain muscles,
bones, skin and
blood.*

PROTEIN



Sources: Meat, poultry, seafood, legumes (dried beans), soy, eggs, nuts and seeds.

What's an Ounce (oz.)?: 1 oz. of meat, fish or poultry, 1 handful of nuts, 1 egg, 1 tablespoon peanut butter.



12 almonds



3 ounces

Goal: 5 oz. each day to include 8 oz. fish each week.

*Dairy can
improve bone
health and may
reduce the risk of
osteoporosis.*

DAIRY



1 cup = 8 oz.

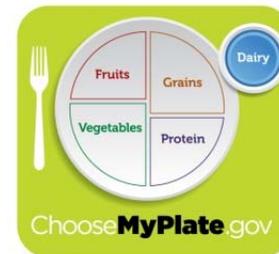


1 cup yogurt

Sources: Milk, yogurt, soymilk, cheese.

Serving Size: 1 cup milk, soymilk or yogurt, 1 ½ ounces natural cheese.

Goal: 3 cups each day, fat-free or low-fat.



Balance Food and Physical Activity

How many calories do **YOU** need?

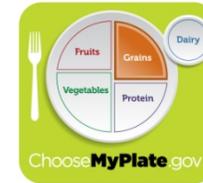
CALORIES IN = CALORIES OUT!!!

Aim for 30-60 minutes of physical activity most days of the week.



Whole Grains
*contain fiber and
can help control
weight, reduce
constipation and
lower the risk for
heart disease.*

GRAINS

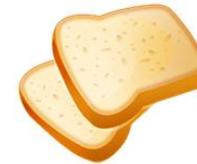


Whole Grains: Brown rice, steel cut oats, popcorn, whole wheat bread or rolls, whole wheat pasta.

Serving Size: 1 slice bread, ½ cup cooked rice or pasta, 1 cup ready-to-eat cereal, 3 cups popcorn.



3 cups



1 slice

Goal: 3-6 servings each day.

Limit Fats, Sugars and Sodium

CHOOSE LESS! butter,
margarine, lard, shortening
and fried foods.

CHOOSE MORE! foods low in
added sugars; unsalted and
low sodium foods.