

# Managing Your Diet with MyPlate



Obesity Prezi



**The old MyPyramid is now ...**



**MyPyramid.gov**  
STEPS TO A HEALTHIER YOU

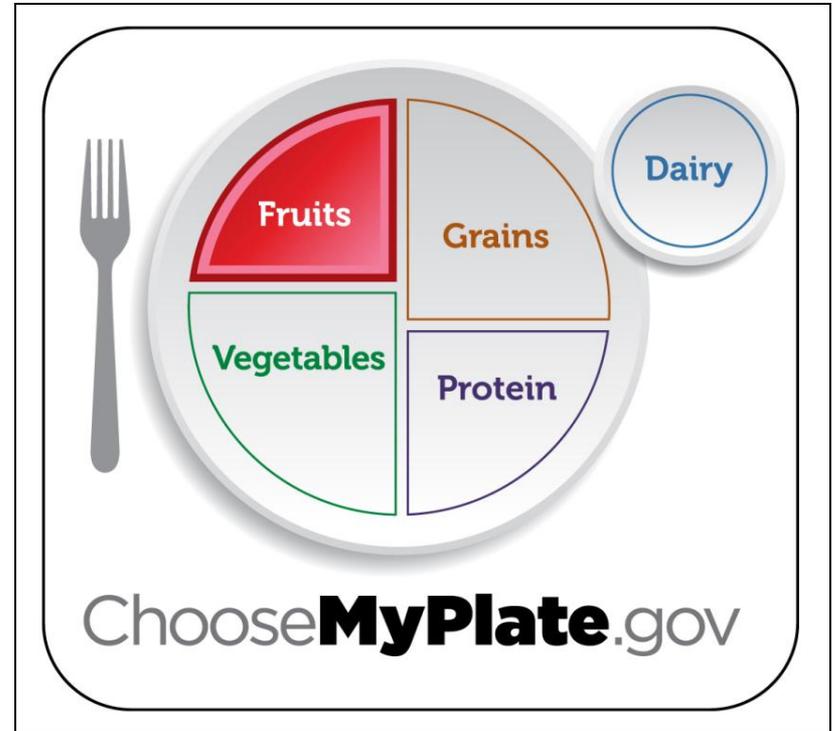
# MyPlate.gov

- MyPlate was released in June 2011.
- Recommendations are for 2 years of age and older.



# Fruits Group

- **Use fruits as snacks, salads or desserts.**
- **Choose whole or cut up fruits more often than fruit juice.**

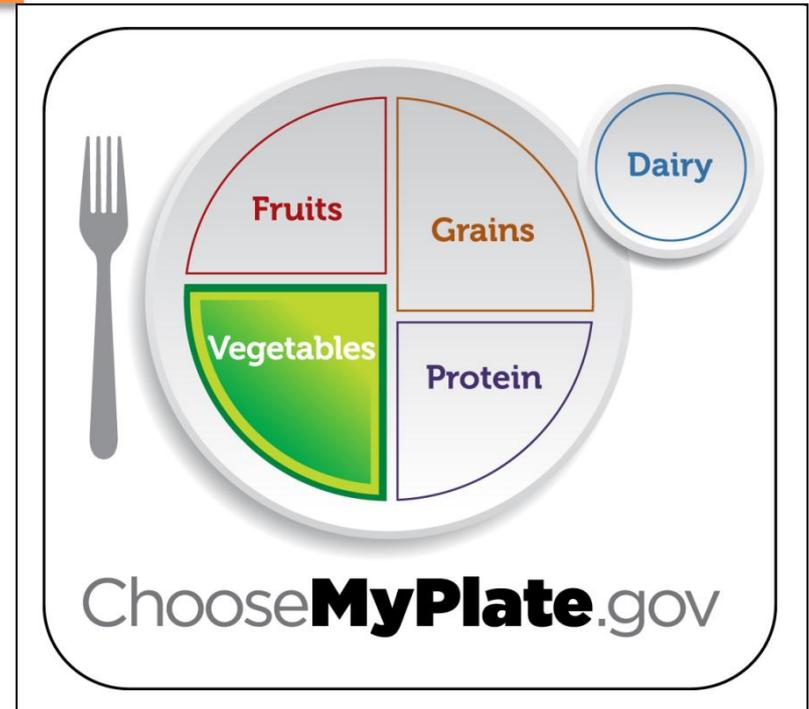


|                   |                     |
|-------------------|---------------------|
| <b>Boys 9-13</b>  | <b>1 ½ c. daily</b> |
| <b>Boys 14-18</b> | <b>2 c. daily</b>   |
| <b>Girls 9-18</b> | <b>1 ½ c. daily</b> |

# Vegetables Group

- **Choose fresh, frozen, canned or dried.**

- **Eat red, orange and dark green vegetables.**



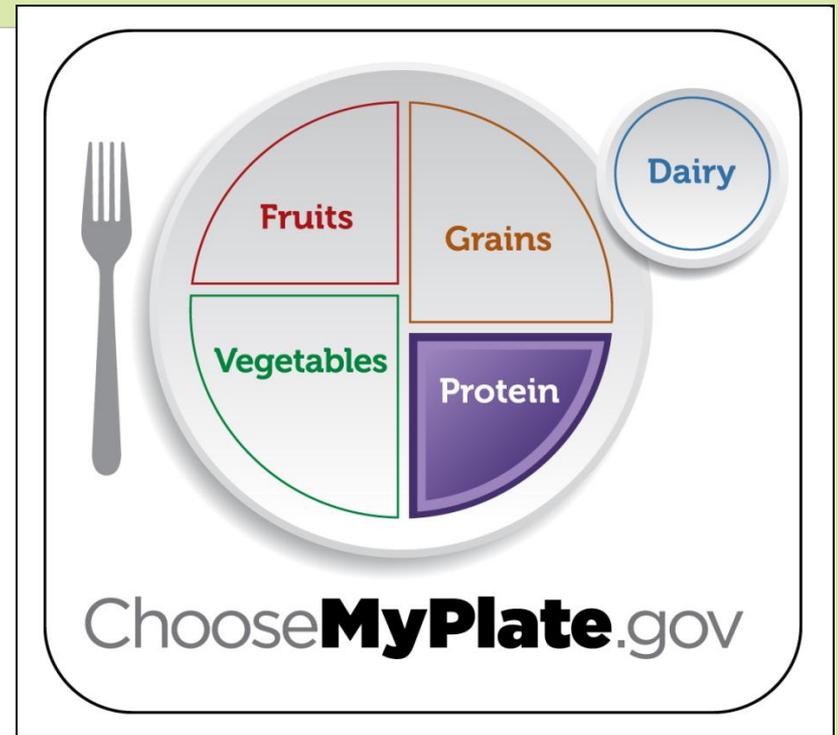
|                    |                     |
|--------------------|---------------------|
| <b>Boys 9-13</b>   | <b>2 ½ c. daily</b> |
| <b>Boys 14-18</b>  | <b>3 c. daily</b>   |
| <b>Girls 9-13</b>  | <b>2 c. daily</b>   |
| <b>Girls 14-18</b> | <b>2 ½ c. daily</b> |

# Protein Group

- **Choose a variety of different protein sources.**

- **In place of *some* meat and poultry, choose 8 oz. seafood per week.**

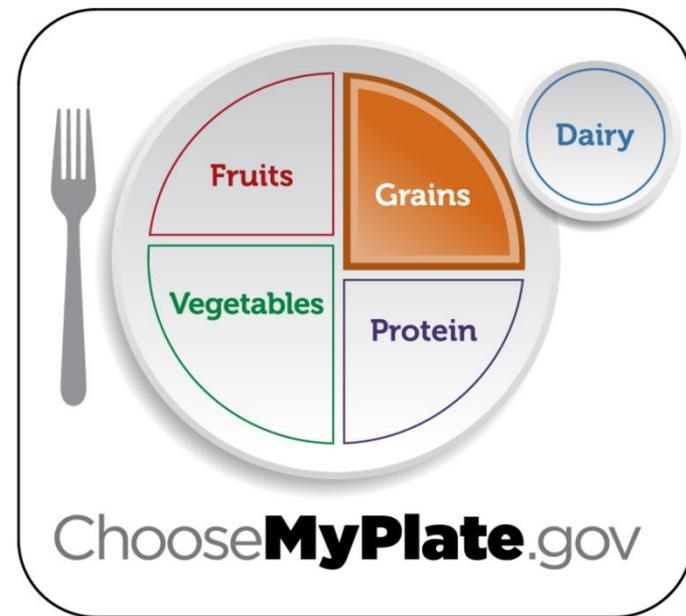
- **Try grilling, broiling, poaching or roasting.**



|                   |                      |
|-------------------|----------------------|
| <b>Boys 9-13</b>  | <b>5 oz. daily</b>   |
| <b>Boys 14-18</b> | <b>6 ½ oz. daily</b> |
| <b>Girls 9-18</b> | <b>5 oz. daily</b>   |

# Grains Group

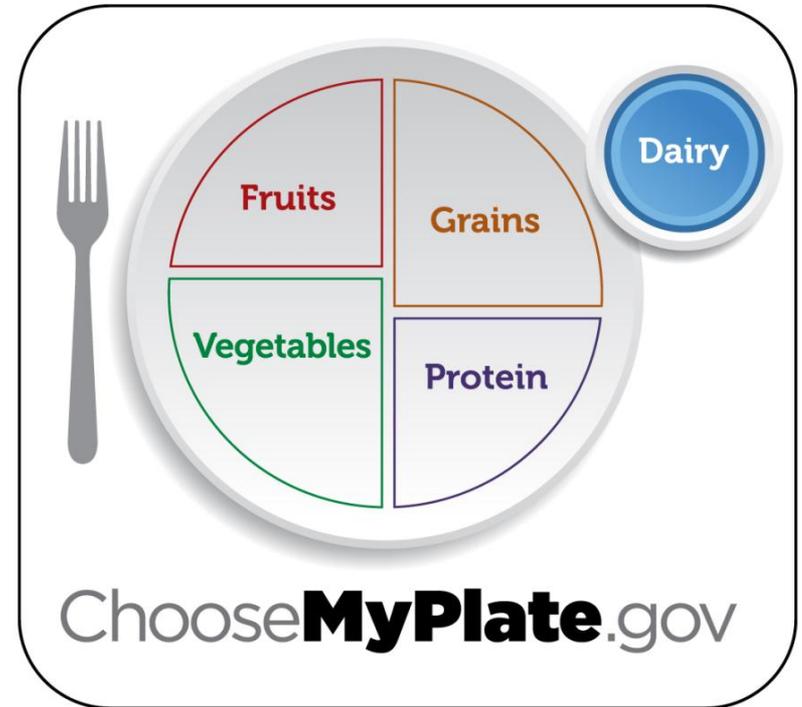
- 1. Choose 100% whole grain cereals, breads, crackers, rice and pasta.**
- 2. Check the ingredients list on food packages to find whole grain foods.**



|             | Grains      | Whole Grains  |
|-------------|-------------|---------------|
| Boys 9-13   | 6 oz. daily | 3 oz. daily   |
| Boys 14-18  | 8 oz. daily | 4 oz. daily   |
| Girls 9-13  | 5 oz. daily | 2.5 oz. daily |
| Girls 14-18 | 6 oz. daily | 3 oz. daily   |

# Dairy Group

**Low-fat or fat-free dairy products have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.**



|                   |                   |
|-------------------|-------------------|
| <b>Boys 9-18</b>  | <b>3 c. daily</b> |
| <b>Girls 9-18</b> | <b>3 c. daily</b> |

Can **YOU** apply the concepts of MyPlate?



# Track Your Diet

**For a 24 hour period,  
track your diet  
including all meals,  
snacks, and  
beverages.**

**Next class period:**

- **[ChooseMyPlate  
Assignment](#)**



