

Managing Your Diet with MyPlate



Obesity Prezi



The old MyPyramid is now ...



MyPyramid.gov
STEPS TO A HEALTHIER YOU

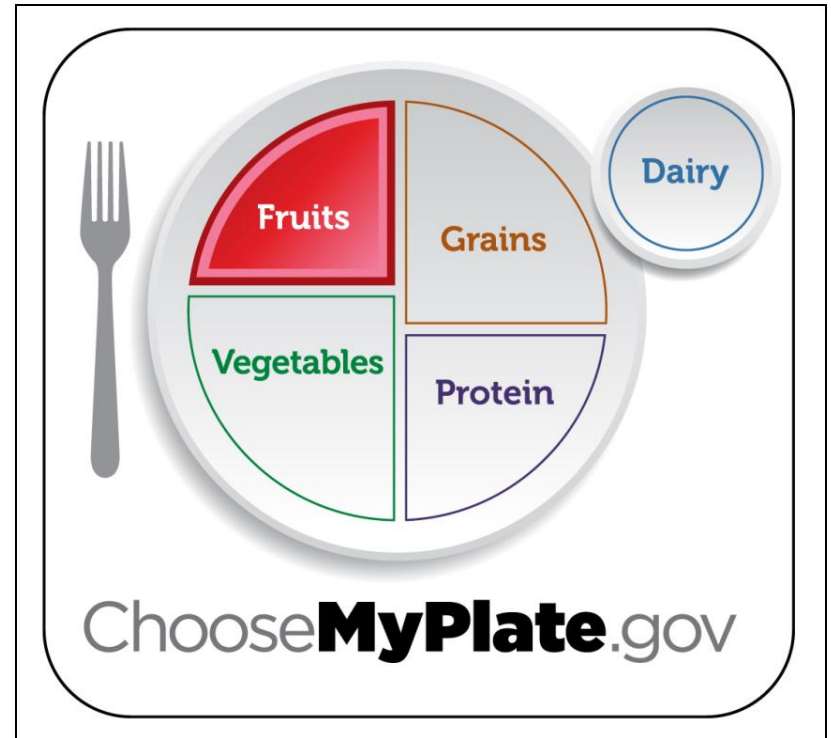
MyPlate.gov

- 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.**

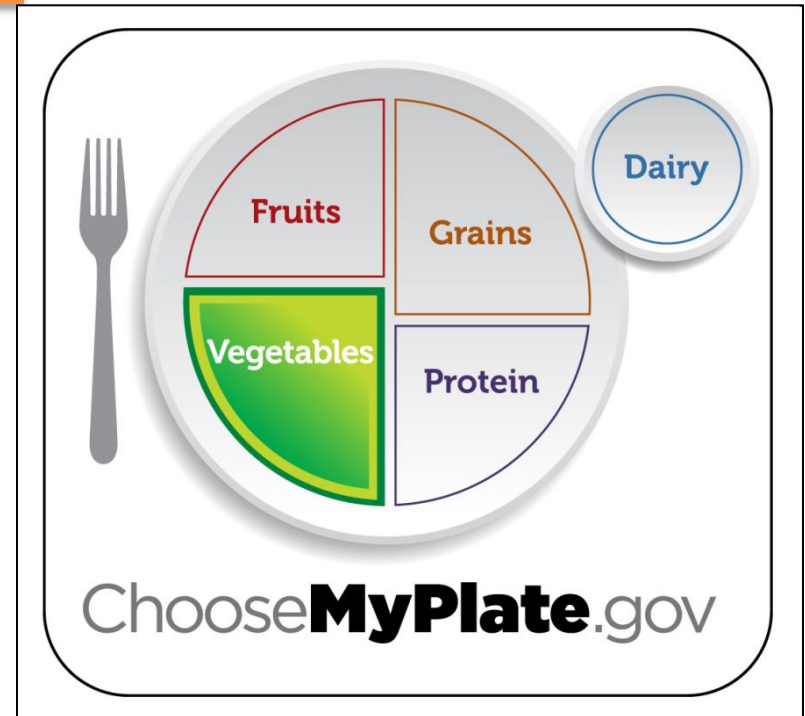


Boys 9-13	1 ½ c. daily
Boys 14-18	2 c. daily
Girls 9-18	1 ½ c. daily

Vegetables Group

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

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



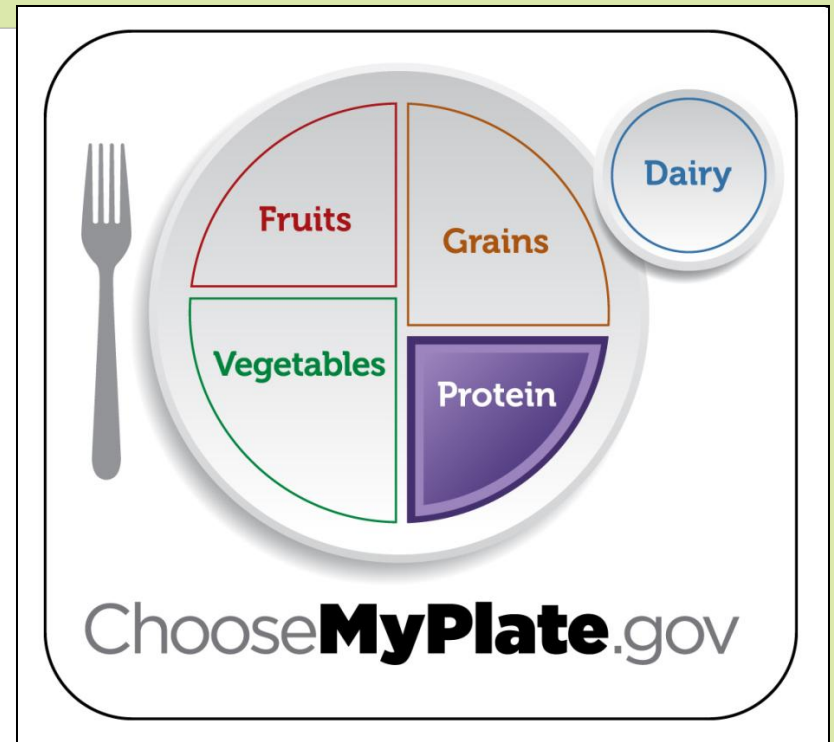
Boys 9-13	2 ½ c. daily
Boys 14-18	3 c. daily
Girls 9-13	2 c. daily
Girls 14-18	2 ½ c. daily

Protein Group

- Choose a variety of different protein sources.

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

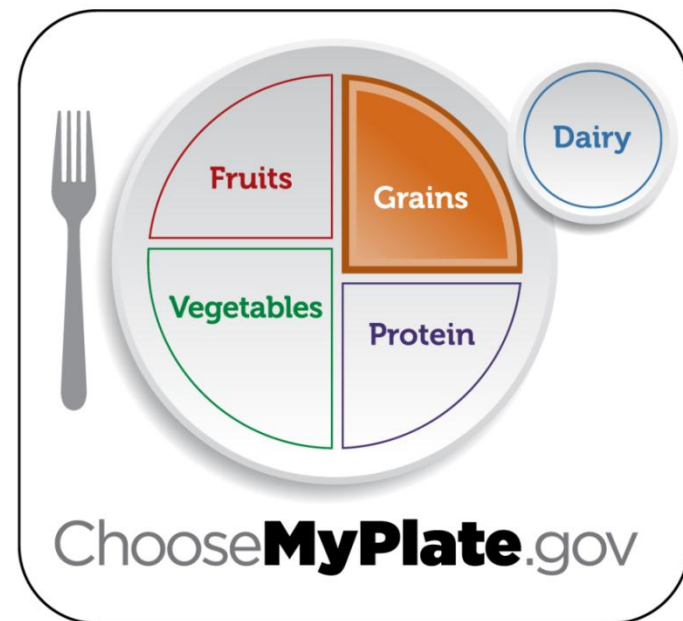
- Try grilling, broiling, poaching or roasting.



Boys 9-13	5 oz. daily
Boys 14-18	6 ½ oz. daily
Girls 9-18	5 oz. daily

Grains Group

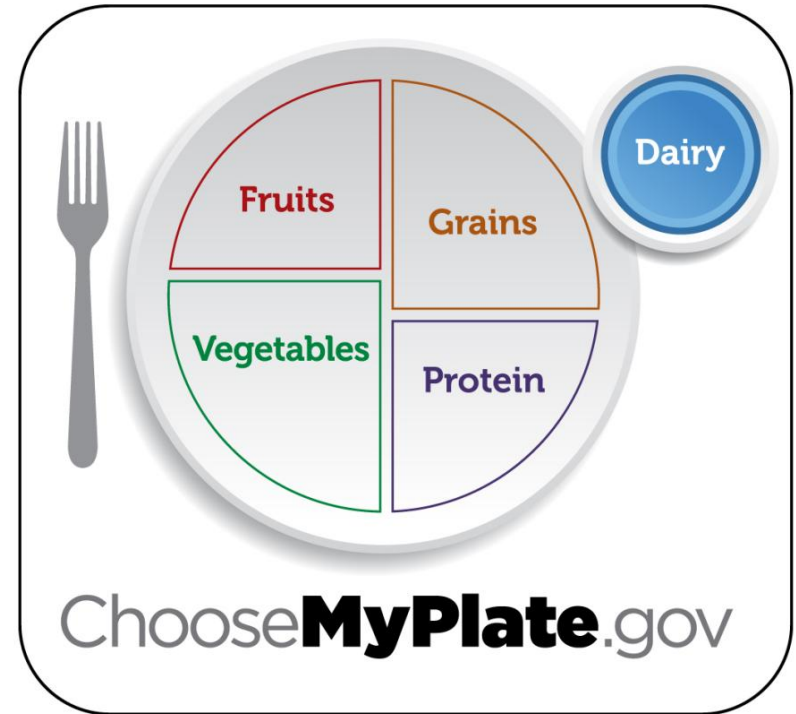
- 1. Choose 100% whole grain cereals, breads, crackers, rice and pasta.**
- 2. Check the ingredients list on food packages to find whole grain foods.**



	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.



Boys 9-18	3 c. daily
Girls 9-18	3 c. daily

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](#)**



