

BETTER NUTRITION IN 2023!

Did you put better nutrition on your list of New Year's resolutions? Eating right seems so complicated! However, you can achieve that goal. But, you may wonder what foods you should eat and how much. The United States Department of Agriculture (USDA) developed MyPlate to help.

If you are ready to initiate healthy eating habits, check out the free MyPlate website for some valuable and free assistance! For those who prefer a phone app explore the Start Simple with MyPlate App.

MyPlate encourages all of us to eat nutrient-dense foods and to achieve 'calorie balance' for a healthy weight and better overall health. Learn all about MyPlate and how it can help you take steps toward better health. MyPlate is based on the Dietary Guidelines for Americans (DGA) with the 2020-2025 theme of "Every Bite Counts." An important goal of the U.S. government is to help guide adults and children to be as healthy as possible.

The MyPlate model shows a plate containing the five colored food groups (fruits, vegetables, proteins, grains, and dairy) in a place setting. It is designed to help you to visualize how much of your plate should be filled by a particular food group.

The MyPlate image is a plate that is divided into colored sections, with each section representing how much of each food group you should eat. Vegetables make up the largest section, followed by grains. Together, fruits and vegetables fill half the plate, while proteins and grains fill the other half. A small circle on the side of the plate represents dairy. The plate model is designed to make it easy for consumers to see what an ideal meal should look like without too many restrictive details.

Build healthy eating habits one goal at a time! Small changes in your eating habits will make a difference over time. MyPlate encourages healthy eating with a focus on nutrient-dense food and beverage choices while limiting intakes of added sugar, saturated fat, and sodium.

Here are highlights of the offerings:

1. **Start Simple with MyPlate** by using a plate model. This site provides basic information about food groups, nutrients, health benefits, and more. Here, you can click on each food group for information and guidance.
2. **MyPlate Plan** provides a personalized plan designed with YOU in mind. It's based on your age, sex, height, weight, and physical activity level. MyPlate gives you examples of food and portion sizes. You can print a two-page plan for either weight loss or weight maintenance. If you're using the MyPlate phone app, the goals dashboard can be used for creating goals for healthy eating. If you're not sure how to set goals, choose the option for MyPlate to pick some goals for you! In addition, there are fun opportunities to earn badges and participate in challenges.

3. **MyPlate Kitchen** is full of delicious, healthy recipes! There are MyPlate Kitchen Recipe Videos for instructions and demonstrations on the recipe offerings. I find it convenient that you can save your favorite recipes and create cookbooks, too!
4. **MyPlate Shop Simple** allows you to enter your zip code to find rewards and stores that accept SNAP EBT near you. Furthermore, there are more specific budget-friendly recipes.

Also, MyPlate offers options for more learning via quizzes, an opportunity to connect via MyPlate on Alexa for daily tips, and email updates. There are some impressive free resources as well.

If you're looking for the easiest healthy eating plan to help you meet your goals without the fuss, remember "Every Bite Counts," and MyPlate can be your one-stop shop for initiating healthy eating habits. There is no better benefit than feeling better and living a healthy life as a result of using MyPlate as your guide.

(Sources: www.myplate.gov; www.dietaryguidelines.gov)