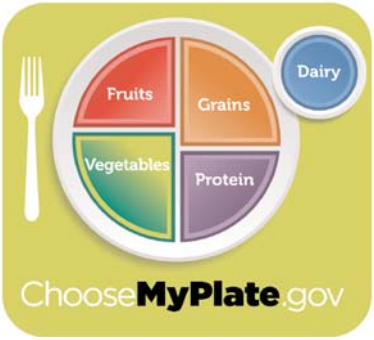
MyPlate



As of June 2, 2011, MyPlate has become the new icon to remind consumers to eat healthy. It has replaced the MyPyramid icon. MyPlate is intended to prompt consumers to think about building a healthy plate at meal times. The MyPlate icon emphasizes the fruit, vegetables, grains, protein and dairy food groups. Some of the messages this icon represents are:

Build a healthy plate.

- Make half your plate fruits & vegetables.
- Switch to skim or 1% milk .
- Make at least half your grains whole grains.
- Vary your protein food choices. Twice a week, make seafood the protein on your plate. Eat beans. Keep meat and poultry portions small and lean.

Cut back on foods high in solid fats, added sugars and salt.

- Choose foods and drinks with little or no added sugars.
- Look out for salt (sodium) in foods you buy – it all adds up.
- Eat fewer foods that are high in solid fats.

Eat the right amount of calories for you.

- Enjoy your food, but eat less.
- Think before you eat… is it worth the calories?
- Avoid oversized portions.
- Use a smaller plate, bowl and glass.
- Stop eating when you are satisfied, not full.
- Cook more often at home, where you are in control of what's in your food.
- When eating out, choose lower calorie menu options.
- Write down what you eat to keep track of how much you eat.
- If you drink alcohol, limit to one drink a day for women or two a day for men.

Be physically active your way – every bit helps and the benefits increase as you spend more time being active.

Use food labels to help you make better choices.

- Check for calories, serving size and how many servings you are actually eating.
- Choose foods with lower calories, saturated fat, trans fat and sodium.
- Check for added sugars in the ingredients list. When sugar is close to the first ingredient, the food is high in sugar. Other names for sugar include sucrose, glucose, high fructose corn syrup, corn syrup, maple syrup and fructose.

Go to www.choosemyplate.gov for more information including tips, interactive tools, sample menus and recipes.

To make an appointment with an outpatient dietitian please call (781) 338-7111.

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