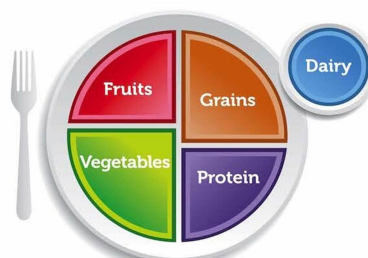
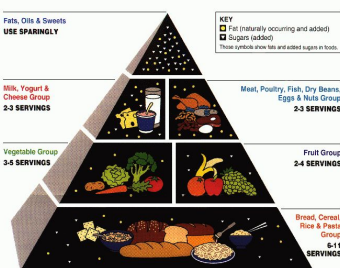


What is MyPlate?



History of MyPlate

MyPlate was published in 2011 by the U.S. Department of Agriculture (USDA). The graphic was produced to provide nutrition guidance to Americans.

Prior to MyPlate, the USDA used two different food pyramid images for its dietary guidance symbols. However, Americans found these pyramids difficult to comprehend.

To convey nutrition guidelines in a more understandable way, the simple MyPlate design was created.

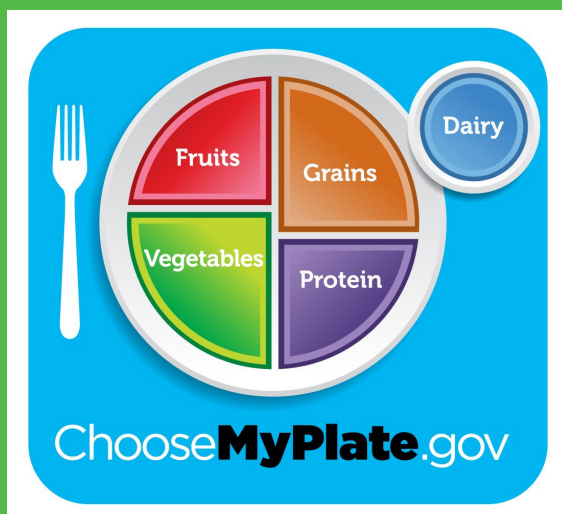
Role of the USDA

- The USDA monitors food safety, works to end hunger, formulates nutritional guidelines, and much more.
- Every five years, the USDA works with the Department of Health and Human Services to draft an updated set of “Dietary Guidelines for Americans.”
- These guidelines provide nutrition recommendations with the goals of preventing chronic diseases, meeting nutritional needs, and improving overall health.
- MyPlate was developed using these guidelines.

About MyPlate

Overall, the MyPlate diagram emphasizes the importance of eating a balanced plate at every meal. By following the MyPlate diagram when building your meals, it ensures that you are consuming foods from every major group.

This also ensures that you are receiving a variety of nutrients, as each food group has something different to offer nutritionally. For example, grains provide carbohydrates and fiber while dairy provides protein and minerals like calcium.

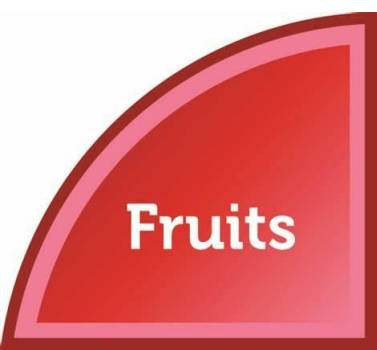




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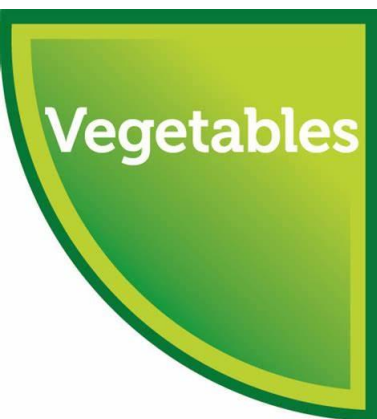
Why is healthy eating important?

The USDA estimates that 1 in every 2 American adults has at least one chronic disease due to the consumption of a poor diet. This includes conditions like diabetes and high blood pressure. Therefore, healthy eating is important for disease prevention. Although eating one healthy meal seems insignificant, maintaining these habits over time will improve your health in the long term.



Fruits

- Daily Recommendation: Between 1-2 cups per day
- Health Benefits: Vitamin C (helps with growth & repair of tissues), vitamin K (helps maintain healthy blood pressure), dietary fiber (helps decrease blood cholesterol)
- Quick Tips: Keep cut-up fruit in your refrigerator for an easy snack. When you are on-the-go and don't have a refrigerator, dried fruit is a great alternative.



Vegetables

- Daily Recommendation: Between 1-3 cups per day
- Health Benefits: Vitamin K, dietary fiber, vitamin C, vitamin A (eye & skin health)
- Quick Tips: Fresh, frozen, and canned vegetables can all be part of a balanced diet. When purchasing frozen or canned vegetables, be sure to monitor the sodium (salt) content. Look for low sodium options, or rinse the product before cooking to remove the excess salt.

How do gardens contribute to healthy diets?

Community gardens make fresh produce more available to the public, and therefore help to decrease food insecurity. Adults who engage in community garden efforts consume more fruits and vegetables than non-gardeners.

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