



Moving from *MyPyramid* to MyPlate

In June 2011, the United States Department of Agriculture (USDA) released the new MyPlate tool to accompany the 2010 *Dietary Guidelines for Americans*. MyPlate replaces *MyPyramid*; it illustrates the five food groups in a place setting that visually reminds everyone to make healthful food choices.

The U.S.D.A. is rolling out a variety of educational materials to support putting MyPlate into practice. An updated MyPlate Web site will be available in Fall/Winter 2011 with materials for children and schools. Until then, *MyPyramid* resources will remain available to health professionals and nutrition educators in the "Tips and Resources" section of the MyPlate Web site.

While the U.S.D.A. and publishers are working to make new materials available, this packet provides a brief overview of available MyPlate resources and suggestions for adapting nutrition education lessons. This packet includes:

- 🍴 **An At-A-Glance Comparison of *MyPyramid* and MyPlate**
- 🍴 **MyPlate Consumer and Educational Materials**
- 🍴 **Tips for Adapting Lessons with MyPlate**
- 🍴 **Additional Resources for MyPlate and Nutrition and Physical Activity Guidance**



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An At-A-Glance Comparison of *MyPyramid* and MyPlate

The *MyPyramid* and MyPlate tools feature the same five food groups, food categorization, and recommended amounts. The MyPlate key recommendations are simplified, practical versions of the *MyPyramid* recommendations. Please see note on page

Content	Food Guide	
	<i>MyPyramid</i>	<i>MyPlate</i>
Food Groups	Food Group Categories Grains Vegetables Fruits Milk Meat and Beans	New Titles for Food Group Categories Grains Vegetables Fruits Dairy Protein Foods included in each category are unchanged.
Color Scheme	Grains - Orange Vegetables - Green Fruits - Red Milk - Blue Meat and Beans – Purple Yellow – Oils (Not a food group)	Same color representation for each food group. Grains - Orange Vegetables - Green Fruits - Red Dairy - Blue Protein – Purple The MyPlate image depicts only the five food groups, so oil/yellow is not included as it is not considered a food group.
Proportion of Daily Intake	Depicted by the width of the pyramid wedges.	Depicted by the portion of the plate. Fruit and vegetables make up half the plate.
Amounts Needed	Amounts for fruits, vegetables, and milk products are expressed in cups. Amounts for grains and meat and beans are expressed in ounce equivalents.	Amounts are expressed in the same measurements and the recommended amounts of each food group are unchanged.
Key Recommendations	Variety Moderation Proportionality Activity Personalization Gradual Improvement	<p>Balancing Calories</p> <ul style="list-style-type: none"> • Enjoy your food, but eat less. • Avoid oversized portions. <p>Foods to Increase</p> <ul style="list-style-type: none"> • Make half your plate fruits and vegetables. • Make at least half your grains whole grains. • Switch to fat-free or low-fat (1%) milk. <p>Foods to Reduce</p> <ul style="list-style-type: none"> • Compare sodium in foods like soup, bread, and frozen meals – and choose the foods with lower numbers. • Drink water instead of sugary drinks. Activity is not depicted in the MyPlate icon, however recommendations are included in the Tips and Resources section of the MyPlate Web site (see pg. 5).



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MyPlate Consumer and Educational Materials

The ChooseMyPlate.gov Web site (www.choosemyplate.gov) features practical information and tips to help build healthier diets. It features selected messages and materials to help focus on key behaviors. ChooseMyPlate.gov includes much of the consumer and professional information formerly found on MyPyramid.gov. *MyPyramid* resources will remain available to health professionals and nutrition educators in "Tips and Resources" section of the new website. A new Web site will be available in Fall/Winter 2011. Currently, the ChooseMyPlate.gov Web site includes tools to:

- Look up a food
- Learn about the food groups
- Get a personalized plan
- Learn healthy eating tips
- Get weight loss information
- Plan a healthy menu
- Analyze a diet
- Get MyPlate updates
- Ask questions
- Recipes and sample menus
- MyPlate images and style guide



The MyPlate Key Recommendations are translated into nutrition education messages in the 10 Tips Nutrition Education Series. The online Tip of the Day and downloadable Tip Sheets provide consumers and professionals with easy-to-follow suggestions in a printable format. Educators can use these to incorporate into existing lessons and consumers can choose one or more of these tips sheets to make small changes toward healthier eating. Attached samples include:

- Choose MyPlate
- Add More Vegetables to Your Day
- Focus in Fruits
- Make Half Your Grains Whole
- Got Your Dairy Today?
- With Protein Foods, Variety is the Key
- Build a Healthy Meal
- Healthy Eating for Vegetarians
- Liven Up Your Meals With Vegetables and Fruits
- Kid-Friendly Veggies and Fruits
- Be a Healthy Role Model for Children
- Cut Back on Your Kid's Sweet Treats
- Salt and Sodium



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Tips for Adapting Lessons to Include MyPlate

The USDA estimates materials for children and schools will be released in Fall 2011. The ChooseMyPlate.gov Web site will be updated to include these materials. Many existing nutrition education materials can still be used with simple adaptations, such as including the MyPlate icon, changing the food group names, and reinforcing messages from the Tip Sheets. Try adapting existing lessons to include MyPlate with these suggestions:

- Update nutrition education materials, including Dairy Council or U.S.D.A. materials with the attached MyPlate coloring pages. Suggestions for *MyPyramid for Kids Classroom Materials* (CHKRC ID #7599)
 - *Grades 1-2: Lesson 1 - MyPyramid for Kids Black-and-White Handout.* In this activity students learn about the food groups. Include the MyPlate coloring page instead of the *MyPyramid* handout. The same objectives can be achieved by replacing the poster and pictures with MyPlate materials.
 - *Grades 1-2: Lesson 2 – Eat Smart with MyPyramid for Kids.* In this activity, students practice sorting foods into the five food groups. Use a MyPlate poster or illustration for sorting and refer to the food groups with MyPlate terms.
 - *Grades 1-2: Lesson 3 – My Fruit and Vegetable Diary.* In this activity, students sort fruits and vegetables and make a diary. Emphasize messages from the *Add More Vegetables to Your Day* and *Focus on Fruits* tip sheets. For example, encourage students to brighten their diary by including red, orange, and dark green vegetables or more fresh fruit to add fiber.
- Introduce MyPlate.
 - Use an overhead projector or draw a large plate proportioned as MyPlate, include the same color scheme. Introduce students to MyPlate and have them place food cards or food pictures from magazines in the correct food group categories. Start students moving with a relay race.
 - Use tape to create an outline of MyPlate on the ground. Include a basket of food pictures next to plate. Have students race to the plate, choose a picture, and place in to the correct area of the plate. Students race back and tag the next team member to run and choose a food. Student teams check their results and get points for each food in the correct section of the plate.
- *Children's PowerPlay! Campaign* (CHKRC ID #1364, #1365, #8022) and *Harvest of the Month* (www.harvestofthemonth.com) materials. These materials focus on fruits and vegetables and many of healthy eating messages and need little adaptation.
- Review the *Be a Healthy Role Model for Children* Tip Sheet. These 10 suggestions go a long way to creating an environment that demonstrates and reinforces healthy eating your students.



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Additional Resources for MyPlate and Nutrition and Physical Activity Guidance

These Web sites and resources provide background and resources to update your nutrition education lessons and physical activity promotion events.

🎯 **Centers for Disease Control and Prevention** - <http://www.cdc.gov/healthyyouth>

This site includes evidence-based guidance for schools on how to effectively promote lifelong, healthy eating habits and physical activity among youth.

🎯 ***Dietary Guidelines for Americans 2010*** - <http://www.health.gov/dietaryguidelines>

The *Dietary Guidelines for Americans* are the foundation of school meal programs, national policy, the MyPlate recommendations, and nutrition education programs. The Dietary Guidelines updated every 5 years to provide evidence-based information for Americans ages 2 and older to reduce risk of chronic disease and promote overall health. Find background and brochures summarizing the guidelines.

🎯 **Learning ZoneXpress** - <http://www.learningzonexpress.com>

This is one publisher that currently provides posters, tablets, and bookmarks to help teach children and adults learn about MyPlate, including products in Spanish.

🎯 ***Network for a Healthy California – Champions for Change***

<http://www.cachampionsforchange.net>

The *Network for a Healthy California* and the California Department of Public Health provide this site to support families to make healthy changes in their homes, schools, and communities. Find more tips for being a healthy role model and resources for your local families.

🎯 **Physical Activity Guidelines for Americans** - <http://www.health.gov/paguidelines>

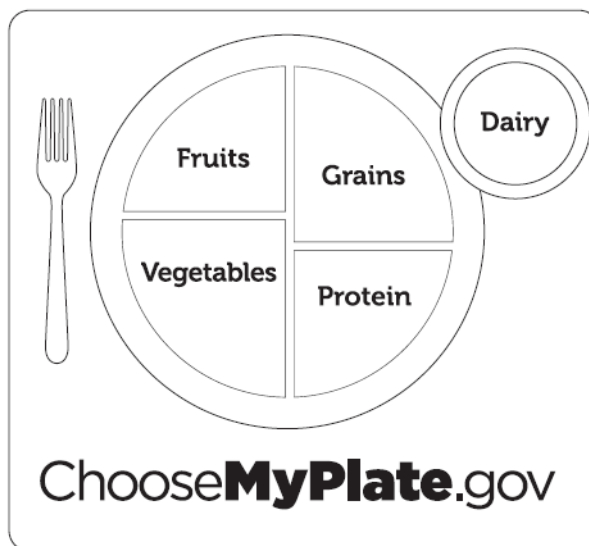
The 2008 *Physical Activity Guidelines for Americans* provides recommendations, approaches, and toolkits to help all Americans achieve the health benefits of regular physical activity.



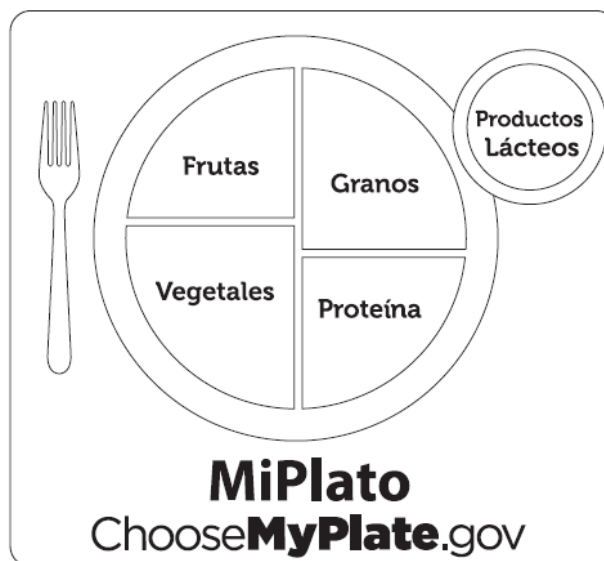
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Coloring Pages – English and Spanish

Download - <http://www.choosemyplate.gov/tipsresources/printmaterials.html>



USDA Center for Nutrition Policy and Promotion



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