

HAPPY & HEALTHFUL HOLIDAYS:

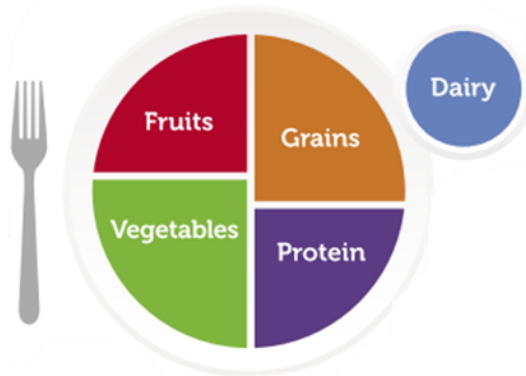
Eat Right this Season with the Help of MyPlate



Turkey and stuffing and pie, oh my! With the holiday season now in full gear, many individuals may find themselves caught up in gatherings amongst family and friends, celebratory feasts, and treats best enjoyed this time of year. Let's see... parties, travel, and temptations. Now that sounds like the perfect recipe to disrupt some habits. But have no fear, MyPlate is here!

WHAT IS MYPLATE?

While we may not be able to control what's on the menu, MyPlate can help serve as a visual tool and reminder to make healthy choices from each of the five food groups, when building our plates.



FRUIT: FOCUS ON WHOLE FRUITS

- Focus on whole fruits that are fresh, canned, frozen, or dried, rather than 100% fruit juices.
- 1 cup equivalent of fruit includes...
 - 1 cup of fruit or 100% fruit juice
 - ½ cup of dried fruit

VEGETABLES: VARY YOUR VEGGIES

- Fresh, frozen, or canned, choose a variety of colorful vegetables - dark green, orange, and red.
- 1 cup equivalent of vegetables includes...
 - 1 cup of raw or cooked vegetables or juice
 - 2 cups of raw leafy greens

GRAINS: MAKE HALF YOUR GRAINS WHOLE GRAINS

- Check the packaging for the whole grain label and ingredient lists for whole grains listed first.
- 1 ounce equivalent of grain includes...
 - 1 slice of bread, 7 crackers, 1 small biscuit, 1 small tortilla, 3 cups popcorn
 - ½ cup cooked rice, cooked pasta, cooked quinoa, or cooked cereal

PROTEIN: VARY YOUR PROTEIN ROUTINE.

- Eat a variety of protein foods to get a larger variety of nutrients your body needs.
- Protein foods include meat, poultry, eggs, beans, peas, lentils, nuts, seeds, and soy.
- 1 ounce-equivalent of protein foods includes...
 - 1 ounce of lean meats, poultry, fish, or tempeh, 1 slice of deli meats, 1 egg
 - ¼ cup cooked beans or tofu, ½ ounce of nuts or seeds, 6 tablespoons of hummus

DAIRY: TRY LOW-FAT DAIRY PRODUCTS OR DAIRY-FREE ALTERNATIVES

This group does not include dairy products with a high-fat content and very little calcium, such as butter, sour cream, or cream cheese. Try low-fat or fat-free alternatives.

- 1 cup equivalent of dairy includes...
 - 1 cup of milk or dairy-free alternative, ½ cup evaporated milk, 1 cup of yogurt
 - 1 ½ ounces of natural cheese, 1/3 cup of shredded cheese, 2 cups of cottage cheese

And as always... Choose foods and beverages with less added sugars, saturated fat, and sodium!