



MyPlate is the New Pyramid

ChooseMyPlate.gov

The MyPlate icon is a simple circle split into four sections which includes protein, whole grains, fruits and vegetables. The circle next to the plate represents dairy products. The sections are different sizes to reflect the portions that are now recommended.

Visit the site above, you will be able to click on each section of the plate to learn more about the food groups; including how much is needed, what counts as a serving, health benefits, tips, and much more.



While the graphic is new, the science behind the key nutrition message is not. In fact, the new website chosemyplate.gov includes much of the information formerly found on mypyramid.gov. The new symbol is simply part of a larger communication initiative that supports the 2010 Dietary guidelines. Many of us in the nutrition and health profession believe that the plate concept is a simple and familiar mealtime visual which is easier for all to relate to.



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