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### Quick Guide to Eating Right:



#### Balancing Calories

- Enjoy your food, but eat less.<sup>3</sup>
- Avoid oversized portions.<sup>3</sup>



#### Foods to Increase

- Make half your plate fruits and vegetables.<sup>3</sup>
- Make at least half your grains whole grains.<sup>3</sup>
- Switch to fat-free or low-fat (1%) milk.<sup>3</sup>



#### Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals and choose the foods with lower numbers.<sup>3</sup>
- Drink water instead of sugary drinks.<sup>3</sup>

## Out with the Old, In with the New!

In early June 2011, the United States Department of Agriculture released the new and improved nutrition icon known as MyPlate to help Americans adopt healthier eating habits and better understand suggested dietary guidelines. For the past 20 years, the food pyramid has been the familiar, well known image found on boxes, bags and containers; however Michelle Obama and the USDA thought it was time for a new and improved image of healthy eating. “The food pyramid has been described by many as difficult to understand and as the obesity rates would suggest, has gone largely unheeded by many”, says Martin Binks, clinical director of Brinks Behavioral Health in Durham, North Carolina.<sup>1</sup> By adopting this simple and easy to follow icon, people can actually visualize their dinner plate and practice better portion control.

“When it comes to eating, what's more simple than a plate?” First Lady Michelle Obama said during a press briefing at which the new logo was unveiled. The colorful graphic is divided into 4 sections including fruits, vegetables, grains and proteins – with a small circle next to the serving plate representing dairy products.<sup>2</sup>

**Essentially half of your plate should be made up of fruits and vegetables, which are packed with fiber, vitamins and photochemical which are cancer-fighting substances. This new campaign also promotes eating the right portions in hopes to reduce obesity and increase healthy living among Americans. Eating right is the first step to becoming healthy and living a longer, happier life. Take advantage of this simple and easy to read eating guide and change the way you eat!**

**For more information on MyPlate, visit [www.choosemyplate.gov](http://www.choosemyplate.gov).**

#### References:

1. Carollo, Kim. “No More Food Pyramid: Nutritional Icon Is Now a Plate”. ABC News, Medical Unit. June 2, 2011. <http://abcnews.go.com/Health/food-pyramid-food-plate/story?id=13743137>
2. Walker, Emily P. “Washington Week: Administration Serves Up New Nutrition Icon”. Washington Correspondent, MedPage Today. June 4, 2011. <http://www.medpagetoday.com/Washington-Watch/Washington-Watch/26843>
3. United States Department of Agriculture. “Choose MyPlate”. June 2011. [www.choosemyplate.gov](http://www.choosemyplate.gov)



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For more information regarding these new services, please contact Mike Petruzzello at [mike.petruzzello@hcare.net](mailto:mike.petruzzello@hcare.net) or 800-582-1535 (ext) 3209.