MyPlate, MyWins: Make it yours

Find your healthy eating style. Everything you eat and drink over time matters and can help you be healthier now and in the future.

1. Focus on whole fruits.
2. Move to low-fat or fat-free milk or yogurt.
3. Make half your grains whole grains.
4. Vary your protein routine.
5. Limit the extras. Drink and eat beverages and foods with less sodium, saturated fat, and added sugars.

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Getting Started with MyPlate Online Tools

ChooseMyPlate.gov website has great online tools. Here are some of them that you can use during your program.

**Step 1** Using a computer, go to www.ChooseMyPlate.gov.

**Step 2** Click on “Online Tools”.

**Step 3** Familiarize yourself with the online tools.

**SuperTracker** Can help you plan, analyze, and track your diet and physical activity.

**What’s Cooking? USDA Mixing Bowl** Is an interactive tool to help with healthy meal planning, cooking and grocery shopping.

**MyPlate Daily Checklist** Shows your daily food group targets—what and how much to eat within your calorie allowance.

**BMI Calculator** Enter your weight and height into BMI (Body Mass Index) calculator to find out your current weight status.

**Portion Distortion** To see if you know how today’s portions compare to the portions available 20 years ago, quiz yourself.

**Quizzes** Test your knowledge about the MyPlate food groups and other nutrition-related information.
**Putting Foods I Like to Eat on the MyPlate**

*Directions*: Place pictures of food items on the MyPlate in each corresponding category.