

Replacing the Food Pyramid

Visit ChooseMyPlate.gov to download a poster for your break room.

The U.S. Department of Agriculture has replaced the longtime food pyramid with a simple, plate-shaped symbol. The circular plate, called *MyPlate*, gives consumers a fast, easily understood reminder of the basics of a healthy diet.

There are four colored sections: fruits, vegetables, grains, and protein. Beside the plate is a smaller circle image representing dairy. The new plate design complements the government's healthy eating push and reminds individuals to fill half of your plate with fruits and vegetables.

MyPlate provides visual cues prompting people to say, "I need to be a little more concerned about what I choose to build a healthy day's diet."



Easy tips to better eating

Balancing Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

Foods to Increase

- Fill half of your plate with fruits and vegetables.
- Make at least half of your grains whole grains.
- Switch to fat-free or low-fat milk.

Foods to Reduce

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

For assistance providing proper nutrition information to your employees, contact Sharon Rateike, corporate wellness program coordinator at (920) 568-5018 or Sharon.Rateike@forthc.com.

