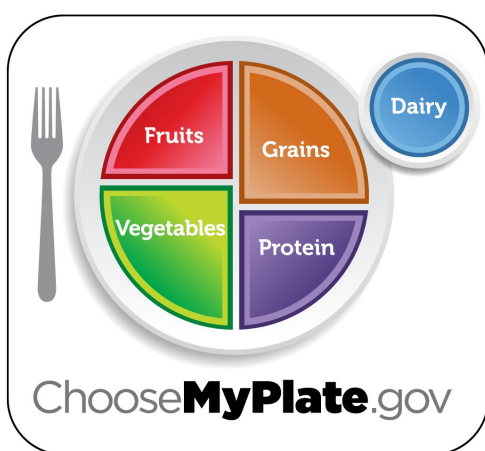


## Get Your Plate in Shape®; Make MyPlate® Your Plate

By Carol Burtneck, RD, LDN and Deborah Ward, MBA, RD, LDN

The Academy of Nutrition and Dietetics, formerly the American Dietetic Association, is the world's largest organization of food and nutrition professionals. The organization and its members are committed to improving the nation's health, as well as advancing the profession of dietetics through research, education and advocacy. Every March, the Academy celebrates National Nutrition Month. This year's theme, "Get Your Plate in Shape®" focuses on the United States Department of Agriculture's (USDA) MyPlate® guidelines introduced last June.



MyPlate helps remind us to eat the recommended amounts and proportions of fruits, vegetables, grains, protein foods and dairy each day to ensure our body gets all the nutrients and "fuel" it needs. MyPlate guidelines replaced the popular Food Guide Pyramid® as the government's primary food group symbol that had been in use since 1992. The new, easy-to-understand, MyPlate is a visual representation of the 2010 Dietary Guidelines. The Dietary Guidelines for Americans are updated every five years by the USDA and the United States Department of Health and Human Services (HHS) and provide evidence-based nutrition information and advice for people age two and older. They serve

as the basis for federal food and nutrition education programs and the nutrition labels found on food containers.

MyPlate helps you use the Dietary Guidelines to:

- Make smart choices from every food group.
- Eat nutrient-dense foods to get the most nutrition out of our daily caloric intake.
- Stay within daily calorie needs.
- Balance nutritious eating with regular physical activity to maintain a sensible weight, reduce obesity and improve your health.

While MyPlate helps us understand the balance and variety of food we need to consume, it doesn't show the quantities of foods we need to eat, or take into account our age and activity level. That's where the Dietary Guidelines and food nutrition labels help.

The HHS/USDA Dietary Guideline chart on page 3 provides estimated calorie amounts specific to gender, age and activity level. It is important to note these are only guidelines and some individuals—especially athletes and pregnant women—may need more calories. To more specifically calculate your caloric intake, you can visit [www.choosemyplate.gov/SuperTracker/](http://www.choosemyplate.gov/SuperTracker/). Click the Weight Management

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box. Enter your weight, height, exercise level and you will get a plan with specific calories tailored to your needs. You also can click the Sample Meal Plans tab to get food portions.

### HHS/USDA Dietary Guidelines

Recommended Daily Caloric Intake				
Gender	Age	Sedentary Lifestyle	Moderately Active Lifestyle	Active Lifestyle
Female	4-8	1200	1400-1600	1400-1800
	9-13	1600	1600-2000	1800-2000
	14-18	1800	2000	2400
	19-30	2000	2000-2200	2400
	31-50	1800	2000	2200
	51+	1600	1800	2000-2200
Male	4-8	1400	1400-1600	1600-2000
	9-13	1800	1800-2200	2000-2600
	14-18	2200	2400-2800	2800-3200
	19-30	2400	2600-2800	3000
	31-50	2200	2400-2600	2800-3000
	51+	2000	2200-2400	2400-2800

When making food choices, you should keep the following recommendations in mind:

#### Fruits and vegetables should fill half your plate

- Eat a variety of vegetables, especially dark-green, red and orange, plus beans and peas. Fresh, frozen and canned vegetables all count.
- Add fruit to meals and snack that are fresh, frozen, canned, dried, or a 100% fruit juice

#### Whole grains should make up half of your daily grains

- Choose 100% whole-grain breads, cereals, crackers, pasta and brown rice. Check ingredient lists on food packages to find whole-grain foods.

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### **Choose fat-free (skim/nonfat) or lowfat milk**

- Fat-free (skim/nonfat) and lowfat milk provide the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. If you're lactose intolerant, try lactose-free milk or a non-dairy, calcium-fortified drink.

### **Consume different protein sources**

- Eat a variety of foods such as seafood, nuts and beans, as well as lean meat, poultry and eggs. Tofu and quinoa also can boost your protein as non-meat alternatives. Try the hearty and healthful quinoa recipe featured in this issue.
- Keep your portions lean and small—no larger than the size of a deck of cards.



### **Limit sodium and empty calories from solid fats and added sugars**

- Make intelligent food choices and simple substitutions such as having fruit for dessert, or 100% juice in place of sugary drinks to help ensure you're eating nutrient-rich foods.
- Add spices, herbs, lemon juice or food flavorings such as vanilla or almond extracts to season food without adding salt.
- Make major sources of saturated fats such as pizza, cheese, sausage and hot dogs an occasional meal, not everyday foods.

### **Enjoy your food, but eat less**

- Avoid oversized portions. If eating out, cut your serving in half and ask your waiter to box half to take home before you take a bite. If it isn't on your plate, you won't be tempted to over eat.
- Use a smaller plate, bowl and glass.
- Cook at home more often to control what is in your food.
- Check restaurant menus for lower calories options when eating out and ask for a vegetable or fruit in place of fries or onion rings.
- Keep track of what you eat. Write down how much and when to determine total daily calories and any behavior or environmental factors influencing your choices.

### **Be physically active—your way**

- If you're not already exercising, there's no time like the present to start. Choose activities you like and can do. Start slowly—10 minutes at a time—and build gradually.

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- Children and teens should perform at least 60 minutes or more a day of physical activity.
- Adults should do at least 2.5 hours or aerobic physical activity each week at a moderate level such as a brisk walk or, 1.25 hours of aerobic physical activity each week at a vigorous level. Being active 5 or more hours each week can provide even more health benefits. Spreading aerobic activity out over at least 3 days a week is best. Also, each activity should be done for at least 10 minutes at a time. Adult also should do strengthening activities like push-ups, sit-ups and weight lifting at least 2 days a week.

If you are unsure of what your dietary requirement should be or have a nutrition question, email it to the OTRF dietitians at [stevenchudikmd@gmail.com/](mailto:stevenchudikmd@gmail.com/).

Find more healthful eating tips at:

- [ChooseMyPlate.gov](http://ChooseMyPlate.gov) (USDA)
- [EatRight.org](http://EatRight.org) (Academy of Nutrition and Dietetics)
- [KidsEatRight.org](http://KidsEatRight.org) (Academy of Nutrition and Dietetics)



**Deborah Ward, MBA, RD, LDN**

For more than 30 years, Deborah has been educating healthcare providers, clinicians, patients and consumers about nutrition and healthful living. In this role, she worked in hospitals as a clinical dietitian, as a coordinator for the American Dietetic Association's Quality Management & Research Team, as a dietetic resource for the National Center of Nutrition and Dietetics consumer nutrition hotline, and author of several professional journal articles. Deborah currently is a dietitian and case manager focusing on pediatric, maternal and lactation nutrition for the DuPage County Health Department, a clinical dietitian at Adventist Hinsdale Hospital, and a group educator for Hinsdale

Health & Nutrition Center's Optifast® weight management program. She also is the director for the Hinsdale Complete Health Improvement Project (CHIP), a lifestyle improvement program.



**Carol Burtnack, RD, LDN**

A registered clinical dietitian for Adventist Hinsdale Hospital, Carol's nutrition career began at Andrews University, Berrien Springs, Mich., where she received her bachelor of science degree. While attending Andrews, she worked as a research assistant and co-authored an article published in *Nutrients*, an open access, peer-reviewed journal of food science and nutrition. Carol gained hands-on clinical experience during her dietetic internship at Hinsdale Hospital and working with nearby community healthcare resources. She is a member of the Academy of Nutrition and Dietetics and its sports, cardiovascular and wellness nutrition practice group.

