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# MYPLATE AND YOU

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It's time to head back to school with some great advice from MyPlate!

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## A Note About Sugary Drinks

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When people consider their eating patterns, they often forget about their drinks. The crazy part is that our bodies actually treat drinks differently than food

A study by DiMeglio and Mattes explored satiety by offering its participants either jelly beans or soda before a meal. The servings of each sugary treat had the same number of calories, but the soda had no impact on the participants' calorie intake at the meal, while people who ate the jelly beans first ate fewer calories later.

In other words, people didn't notice the calories when they drank them.

Choosing water instead of sugary drinks will help you sidestep this issue entirely.

## MyPlate Messages for August:

MyPlate's theme for August is Back to School, and it has 3 great messages that can help you build a healthier and more balanced life...

### 1. Drink Water Instead of Sugary Drinks

Water offers an efficient way to rehydrate, without all the empty calories that sneak into sugary drinks like soda and sport drinks. Fill a pitcher with water and fresh sliced fruit for a refreshing drink whenever you want it.

### 2. How Can You Build a Healthier Plate?

Balance your plate like MyPlate. Make sure that half of it is filled with fresh fruits and vegetables, reserve a quarter for lean protein, and fill the other quarter with whole grains. A side of low-fat or nonfat dairy can round out the meal.

### 3. Be Active Your Way

Get out and enjoy this summer weather! Find fun new ways to be active and consider bringing a friend along for the ride.

