
MYPLATE

Key advice to help you build a healthy eating pattern

Make Small Shifts:

Another key message from MyPlate is the importance of making small shifts in order to create a healthier eating style. This is very closely in line with the recommendations from the Dietary Guidelines for Americans, as are most of MyPlate's messages.

You don't have to upend all your eating habits in order to start building a healthy eating pattern. Instead, make small changes that you know you can sustain over time and build from there.

Build a Healthy Eating Style:

MyPlate wants you to bring all the pieces together to form a healthy eating style. Choose good portions of nutritious foods in enough variety to meet your nutrient needs.

MyPlate and You:

One of the themes that you will see over and over in MyPlate's educational materials is the importance of variety. Yes, there are 5 main food groups, but there are lots of different foods in each one.

Just because the proportions don't change doesn't mean that the content shouldn't. Be sure to keep the choices nutrient dense and in reasonable portions and you'll be building a healthy plate.

For example, when it comes to protein, MyPlate insists that you "Vary your protein routine." Try eggs, meat, nuts and seeds, soy products, seafood, and beans and peas.

