



Ventura County Public Health

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NEWS RELEASE

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FOOD GUIDE PYRAMID BECOMES A PLATE

[Ventura County, CA]. Goodbye, Pyramid. Hello, plate. The Food Guide Pyramid, a symbolic guide on healthy eating, has been replaced with a new symbol: a plate. It's called MyPlate, a user friendly tool that includes the five food groups (fruits, vegetables, grains, protein foods, and dairy) to help people to prioritize their choices and build nutritious, balanced meals.

Creating healthy, balanced meals can be challenging. Many people struggle with lack of time and tend to choose convenience foods, which typically contain high amounts of fat, salt, and sugar. MyPlate is a tool created to teach and remind us to build healthy plates for ourselves and our families. So, for March, National Nutrition Month, "Get Your Plate In Shape!"

Current U.S. Department of Agriculture dietary guidelines provide factual information and practical advice on eating a healthy, balanced diet; eating more fruits, vegetables, and whole grains; and incorporating physical activity into our daily routine. Here are some helpful tips:

- 1) Choose one food item from each of the 5 food groups to create a balanced plate;
- 2) Try topping your breakfast cereal with fresh fruit like blueberries, strawberries or bananas;
- 3) And incorporate exercise by taking a 10-15 minute walk during work breaks.

Every person has different nutritional requirements depending on age, gender and activity level. You can find more information for you and your family about MyPlate and building a balanced meal at

<http://www.choosemyplate.gov/>

"Get your plate in shape" for National Nutrition Month, March 2012!

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