



Learning at Your Fingertips

Nutrition 1.0



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MyPlate

MyPlate is a reminder to find your healthy eating style and build it throughout your lifetime. Everything you eat and drink matters. The right mix can help you be healthier now and in the future. This means:

- Focus on variety, amount, and nutrition.
- Choose foods and beverages with less saturated fat, sodium, and added sugars.
- Start with small changes to build healthier eating styles.
- Support healthy eating for everyone.

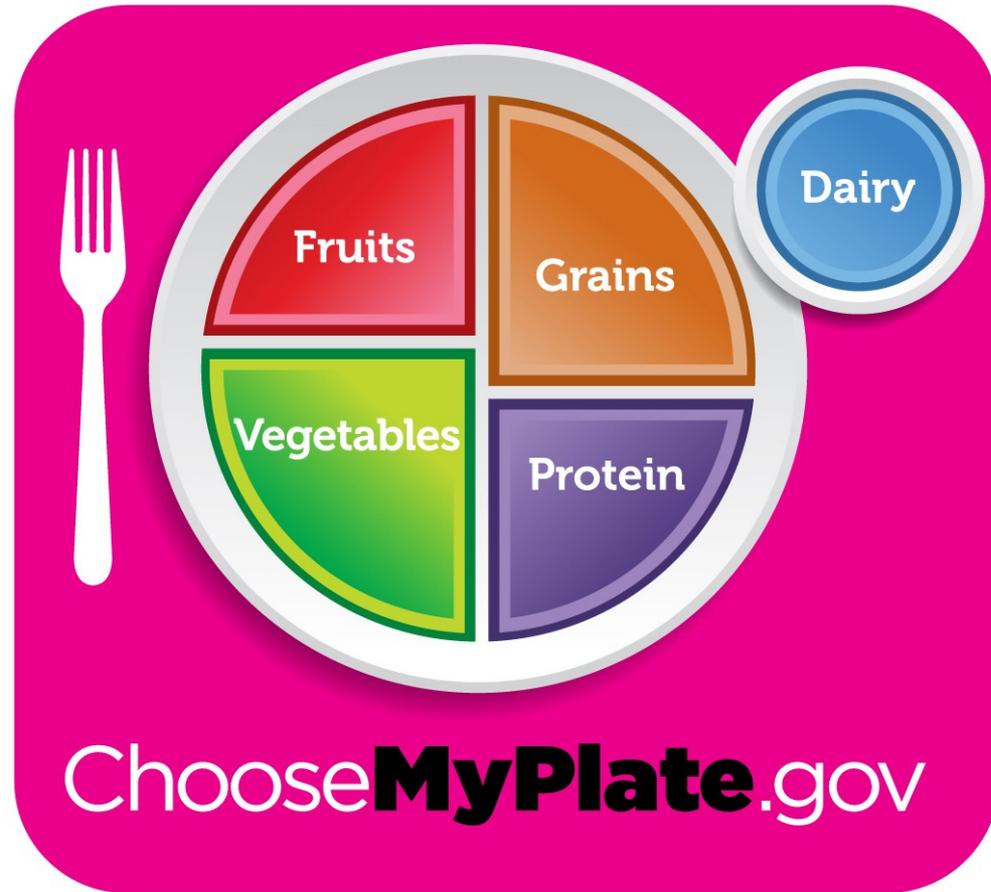


MyPlate

Eating healthy is a journey shaped by many factors, including our stage of life, situations, preferences, access to food, culture, traditions, and the personal decisions we make over time. All your food and beverage choices count. MyPlate offers ideas and tips to help you create a healthier eating style that meets your individual needs and improves your health.



MyPlate



Build a healthy eating style

All food and beverage choices matter – focus on variety, amount, and nutrition.

- Focus on making healthy food and beverage choices from all five food groups including fruits, vegetables, grains, protein foods, and dairy to get the nutrients you need.
- Eat the right amount of calories for you based on your age, sex, height, weight, and physical activity level.
- Building a healthier eating style can help you avoid overweight and obesity and reduce your risk of diseases such as heart disease, diabetes, and cancer.



Build a healthy eating style

Choose an eating style low in saturated fat, sodium, and added sugars.

- Use Nutrition Facts labels and ingredient lists to find amounts of saturated fat, sodium, and added sugars in the foods and beverages you choose.
- Look for food and drink choices that are lower in saturated fat, sodium, and added sugar.
 - Eating fewer calories from foods high in saturated fat and added sugars can help you manage your calories and prevent overweight and obesity. Most of us eat too many foods that are high in saturated fat and added sugar.
 - Eating foods with less sodium can reduce your risk of high blood pressure.



Build a healthy eating style

Make small changes to create a healthier eating style.

- Think of each change as a personal “win” on your path to living healthier. Each [MyWin](#) is a change you make to build your healthy eating style. Find little victories that fit into your lifestyle and celebrate as a MyWin!
- Start with a few of these small changes.
 - Make half your plate fruits and vegetables.
 - Focus on whole fruits.
 - Vary your veggies.
 - Make half your grains whole grains.
 - Move to low-fat and fat-free dairy.
 - Vary your protein routine.
 - Eat and drink the right amount for you.



Build a healthy eating style

Support healthy eating for everyone.

- Create settings where healthy choices are available and affordable to you and others in your community.
- Professionals, policymakers, partners, industry, families, and individuals can help others in their journey to make healthy eating a part of their lives.



What foods are in the Fruit

Fruits

What foods are in the Fruit Group?

Any fruit or 100% fruit juice counts as part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.



What foods are in the Fruit

Fruits

Why is it important to eat fruit?

Eating fruit provides health benefits — people who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health and maintenance of your body.



What foods are in the Fruit

Fruits

How much fruit is needed daily?

The amount of fruit you need to eat depends on age, sex, and level of physical activity.

Recommended daily amounts are shown in the table on the next slide.



Fruits

Daily Recommended Fruit Table

Children	2-3 years	1 cup
	4-8 years	1 ½ cups
Girls	9-13 years	1 ½ cups
	14-18 years	1 ½ cups
Boys	9-13 years	1 ½ cups
	14-18 years	2 cups
Women	19-30 years	2 cups
	31-50 years	1 ½ cups
	51 + years	1 ½ cups
Men	19-30 years	2 cups
	31-50 years	2 cups
	51 + years	2 cups



Fruits

The amounts on the previous table are appropriate for individuals who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities. Those who are more physically active may be able to consume more while staying within calorie needs.



Fruits

What counts as a cup of fruits?

In general, 1 cup of fruit or 100% fruit juice, or ½ cup of dried fruit can be considered as 1 cup from the Fruit Group.



Vegetables

What foods are in the Vegetable Group?

Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed.

Based on their nutrient content, vegetables are organized into 5 subgroups: dark-green vegetables, starchy vegetables, red and orange vegetables, beans and peas, and other vegetables.



Vegetables

Why is it important to eat vegetables?

Eating vegetables provides health benefits – people who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases.

Vegetables provide nutrients vital for health and maintenance of your body.



Vegetables

How many vegetables are needed?

The amount of vegetables you need to eat depends on your age, sex, and level of physical activity. Recommended total daily amounts are shown on the next slide.



Vegetables

Daily Recommended Vegetable Table

Children	2-3 years	1 cup
	4-8 years	1 ½ cups
Girls	9-13 years	2 cups
	14-18 years	2 ½ cups
Boys	9-13 years	2 ½ cups
	14-18 years	3 cups
Women	19-30 years	2 ½ cups
	31-50 years	2 ½ cups
	51 + years	2 cups
Men	19-30 years	3 cups
	31-50 years	3 cups
	51 + years	2 ½ cups



Vegetables

What counts as a cup of vegetables?

In general, 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens can be considered as 1 cup from the Vegetable Group.



Grains

What foods are in the Grain Group?

Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products.



Grains

Why is it important to eat grains, especially whole grains?

Eating grains, especially whole grains, provides health benefits. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases. Grains provide many nutrients that are vital for the health and maintenance of our bodies.



Grains

Grains are divided into 2 subgroups, Whole Grains and Refined Grains.

Whole grains contain the entire grain kernel — the bran, germ, and endosperm. Examples of whole grains include whole-wheat flour, bulgur (cracked wheat), oatmeal, whole cornmeal, and brown rice.



Grains

Refined grains have been milled, a process that removes the bran and germ. This is done to give grains a finer texture and improve their shelf life, but it also removes dietary fiber, iron, and many B vitamins. *Some examples of refined grain products* are white flour, degermed cornmeal, white bread, and white rice.



Grains

Most refined grains are enriched. This means certain B vitamins (thiamin, riboflavin, niacin, folic acid) and iron are added back after processing. Fiber is not added back to enriched grains. Check the ingredient list on refined grain products to make sure that the word "enriched" is included in the grain name. Some food products are made from mixtures of whole grains and refined grains.



Grains

How many grain foods are needed daily?

The amount of grains you need to eat depends on your age, sex, and level of physical activity. Recommended daily amounts are listed in this table below. Most Americans consume enough grains, but few are whole grains. **At least half of all the grains eaten should be whole grains.**





Daily Grain Table

		Daily Recommended	Daily min. amount of whole grains
Children	2-3 years	3 oz.	1 ½ oz.
	4-8 years	5 oz.	2 ½ oz.
Girls	9-13 years	5 oz.	3 oz.
	14-18 years	6 oz.	3 oz.
Boys	9-13 years	6 oz.	3 oz.
	14-18 years	8 oz.	4 oz.
Women	19-30 years	6 oz.	3 oz.
	31-50 years	6 oz.	3 oz.
	51 + years	5 oz.	3 oz.
Men	19-30 years	8 oz.	4 oz.
	31-50 years	7 oz.	3 ½ oz.
	51 + years	6 oz.	3 oz.

Grains

What counts as an ounce-equivalent of grains?

In general, 1 slice of bread, 1 cup of ready-to-eat cereal, or ½ cup of cooked rice, cooked pasta, or cooked cereal can be considered as 1 ounce-equivalent from the Grains Group.



Proteins

What foods are in the Protein Group?

All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group. Beans and peas are also part of the Vegetable Group. For more information on beans and peas, see [Beans and Peas Are Unique Foods](#).



Proteins

What foods are in the protein group?

Select a variety of protein foods to improve nutrient intake and health benefits, including at least 8 ounces of cooked seafood per week. Young children need less, depending on their age and calorie needs. The advice to consume seafood does not apply to vegetarians.

Vegetarian options in the Protein Foods Group include beans and peas, processed soy products, and nuts and seeds. Meat and poultry choices should be lean or low-fat.



Proteins

Why is it important to make lean or low-fat choices from the Protein Foods Group?

Foods in the meat, poultry, fish, eggs, nuts, and seed group provide nutrients that are vital for health and maintenance of your body.

However, choosing foods from this group that are high in saturated fat and cholesterol may have health implications.



Proteins

How much food from the Protein Foods Group is daily?

The amount of food from the Protein Foods Group you need to eat depends on age, sex, and level of physical activity. Most Americans eat enough food from this group, but need to make leaner and more varied selections of these foods. Recommended daily amounts are shown in the table on the next slide.



Proteins

Daily Protein Foods Table

Children	2-3 years	2 oz.
	4-8 years	4oz.
Girls	9-13 years	5 oz.
	14-18 years	5oz.
Boys	9-13 years	5 oz.
	14-18 years	6 ½ oz.
Women	19-30 years	5 ½ oz.
	31-50 years	5 oz.
	51 + years	5 oz.
Men	19-30 years	6 ½ oz.
	31-50 years	6 oz.
	51 + years	5 ½ oz.



Proteins

What counts as an ounce-equivalent in the Protein Foods Group?

In general, 1 ounce of meat, poultry or fish, $\frac{1}{4}$ cup cooked beans, 1 egg, 1 tablespoon of peanut butter, or $\frac{1}{2}$ ounce of nuts or seeds can be considered as 1 ounce-equivalent from the Protein Foods Group.



Proteins

Selection Tips

- Choose lean or low-fat meat and poultry. If higher fat choices are made, such as regular ground beef (75-80% lean) or chicken with skin, the fat counts against your maximum limit for empty calories (calories from solid fats or added sugars).
- If solid fat is added in cooking, such as frying chicken in shortening or frying eggs in butter or stick margarine, this also counts against your maximum limit for empty calories (calories from solid fats and added sugars).



Proteins

Selection Tips (cont.)

- Select some seafood that is rich in omega-3 fatty acids, such as salmon, trout, sardines, anchovies, herring, Pacific oysters, and Atlantic and Pacific mackerel.
- Processed meats such as ham, sausage, frankfurters, and luncheon or deli meats have added sodium. Check the Nutrition Facts label to help limit sodium intake. Fresh chicken, turkey, and pork that have been enhanced with a salt-containing solution also have added sodium. Check the product label for statements such as “self-basting” or “contains up to ___% of ___”, which mean that a sodium-containing solution has been added to the product.
- Choose unsalted nuts and seeds to keep sodium intake low.



Dairy

What foods are included in the Dairy Group?

All fluid milk products and many foods made from milk are considered part of this food group. Most Dairy Group choices should be fat-free or low-fat.



Dairy

Why is it important to make fat-free or low-fat choices from the Dairy Group?

Choosing foods from the Dairy Group that are high in saturated fats and cholesterol can have health implications. Diets high in saturated fats raise "bad" cholesterol levels in the blood. The "bad" cholesterol is called LDL (low-density lipoprotein) cholesterol. High LDL cholesterol, in turn, increases the risk for coronary heart disease.



Dairy

Why is it important to make fat-free or low-fat choices from the Dairy Group?

Many cheeses, whole milk, and products made from them are high in saturated fat. To help keep blood cholesterol levels healthy, limit the amount of these foods you eat. In addition, a high intake of fats makes it difficult to avoid consuming more calories than are needed.



Dairy

Nutrients and health benefits

Consuming dairy products provides health benefits – especially improved bone health. Foods in the Dairy Group provide nutrients that are vital for health and maintenance of your body. These nutrients include calcium, potassium, vitamin D, and protein.



Dairy

What foods are included in the Dairy Group?

Foods made from milk that retain their calcium content are part of the group. Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not. Calcium-fortified soymilk (soy beverage) is also part of the Dairy Group.



Dairy

What foods are included in the Dairy Group?

Foods made from milk that retain their calcium content are part of the group. Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not. Calcium-fortified soymilk (soy beverage) is also part of the Dairy Group.



Dairy

How much food from the Dairy Group is needed daily?

The amount of food from the Dairy Group you need to eat depends on age. Recommended daily amounts are shown in the table on the next slide.



Dairy

Daily Dairy Table

Children	2-3 years	2 cups
	4-8 years	2 ½ cups
Girls	9-13 years	3 cups
	14-18 years	3 cups
Boys	9-13 years	3 cups
	14-18 years	3 cups
Women	19-30 years	3 cups
	31-50 years	3 cups
	51 + years	3 cups
Men	19-30 years	3 cups
	31-50 years	3 cups
	51 + years	3 cups



Dairy

What counts as a cup in the Dairy Group?

In general, 1 cup of milk, yogurt, or soymilk (soy beverage), 1 ½ ounces of natural cheese, or 2 ounces of processed cheese can be considered as 1 cup from the Dairy Group.



Dairy

For those who choose not to consume milk products

Calcium choices for those who do not consume dairy products include:

- Calcium-fortified juices, cereals, breads, rice milk, or almond milk.
- Canned fish (sardines, salmon with bones) soybeans and other soy products (tofu made with calcium sulfate, soy yogurt, tempeh), some other beans, and some leafy greens (collard and turnip greens, kale, bok choy). The amount of calcium that can be absorbed from these foods varies.



Oils

What are "oils"?

Oils are fats that are liquid at room temperature, like the vegetable oils used in cooking. Oils come from many different plants and from fish. Oils are NOT a food group, but they provide essential nutrients. Therefore, oils are included in USDA food patterns.



Oils

What are "oils"?

Some **commonly eaten oils** include: canola oil, corn oil, cottonseed oil, olive oil, safflower oil, soybean oil, and sunflower oil. Some oils are used mainly as **flavorings**, such as walnut oil and sesame oil. A number of foods are naturally high in oils, like nuts, olives, some fish, and avocados.



Oils

What are "oils"?

Foods that are mainly oil include mayonnaise, certain salad dressings, and soft (tub or squeeze) margarine with no trans fats. Check the Nutrition Facts label to find margarines with 0 grams of trans fat. Amounts of trans fat are required to be listed on labels.



Oils

What are "oils"?

Most oils are high in monounsaturated or polyunsaturated fats, and low in saturated fats. Oils from plant sources (vegetable and nut oils) do not contain any cholesterol. In fact, no plant foods contain cholesterol. A few plant oils, however, including coconut oil, palm oil, and palm kernel oil, are high in saturated fats and for nutritional purposes should be considered to be solid fats.



Oils

Why is it important to consume oils?

Oils are not a food group, but they do provide essential nutrients and are therefore included in USDA recommendations for what to eat. Note that only small amounts of oils are recommended.



Oils

Why is it important to consume oils?

Most of the fats you eat should be polyunsaturated (PUFA) or monounsaturated (MUFA) fats. Oils are the major source of MUFAs and PUFAs in the diet. PUFAs contain some fatty acids that are necessary for health – called "essential fatty acids."



Oils

Why is it important to consume oils?

Because oils contain these essential fatty acids, there is an allowance for oils in the food guide.

The MUFAs and PUFAs found in fish, nuts, and vegetable oils do not raise LDL ("bad") cholesterol levels in the blood. In addition to the essential fatty acids they contain, oils are the major source of vitamin E in typical American diets.



Oils

Why is it important to consume oils?

While consuming some oil is needed for health, oils still contain calories. In fact, oils and solid fats both contain about 120 calories per tablespoon. Therefore, the amount of oil consumed needs to be limited to balance total calorie intake. The Nutrition Facts label provides information to help you make smart choices.



Oils

How much is my allowance for oils?

Some Americans consume enough oil in the foods they eat, such as:

- nuts
- fish
- cooking oil
- salad dressings



Oils

How much is my allowance for oils?

Others could easily consume the recommended allowance by substituting oils for some solid fats they eat. A person's allowance for oils depends on age, sex, and level of physical activity. Daily allowances for oils are shown in the table on the next slide.



Oils

Daily Oil Table

Children	2-3 years	3 teaspoons
	4-8 years	4 teaspoons
Girls	9-13 years	5 teaspoons
	14-18 years	5 teaspoons
Boys	9-13 years	5 teaspoons
	14-18 years	6 teaspoons
Women	19-30 years	6 teaspoons
	31-50 years	5 teaspoons
	51 + years	5 teaspoons
Men	19-30 years	7 teaspoons
	31-50 years	6 teaspoons
	51 + years	6 teaspoons



Summary

Create an eating style that can improve your health now and in the future by making small changes over time. Consider changes that reflect your personal preferences, culture and traditions. Think of each change as a “win” as you build positive habits and find solutions that reflect your healthy eating style.

