



Bless Your Heart

A Healthy Plate

The United States Department of Agriculture (USDA) and Department of Health and Human Services (HHS) must update the Dietary Guidelines for Americans every five years. The last change happened in 2010, and the USDA launched ChooseMyPlate.gov in 2011 to promote the new changes. The new guidelines and website focus on encouraging people to make smart choices in every food group. They also encourage people to balance diet with exercise, get more nutrition out of food and to watch how many calories they eat. These are all steps that are important to living a heart-healthy lifestyle.

To get started, visit ChooseMyPlate.gov. There, you'll find the 10 Tips Nutrition Education Series and other resources that show you how to balance your plate choices:

1. Balance your calories
2. Enjoy your food, but eat less
3. Avoid oversized portions
4. Choose four foods to eat more often – vegetables, fruits, whole grains and low-fat milk and dairy products.
5. Make half your plate fruits and vegetables
6. Switch to fat-free or low-fat milk
7. Make half your grains whole grains
8. Eat some foods less often – cakes, cookies, ice cream, candy, sweetened drinks, pizza and fatty meats
9. Compare sodium in foods – choose foods that are low in sodium, or have “no salt added”
10. Drink water instead of sugary drinks

Information about those 10 Tips and more tools for you are at www.choosemyplate.gov/healthy-eating-tips/ten-tips.html.

Also at ChooseMyPlate.gov, you can find a tool called the SuperTracker. It helps you track your food and physical activity, set goals and manage your weight. You can find the SuperTracker tool and get started by setting a profile or starting with a general plan at www.choosemyplate.gov/SuperTracker/default.aspx.

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