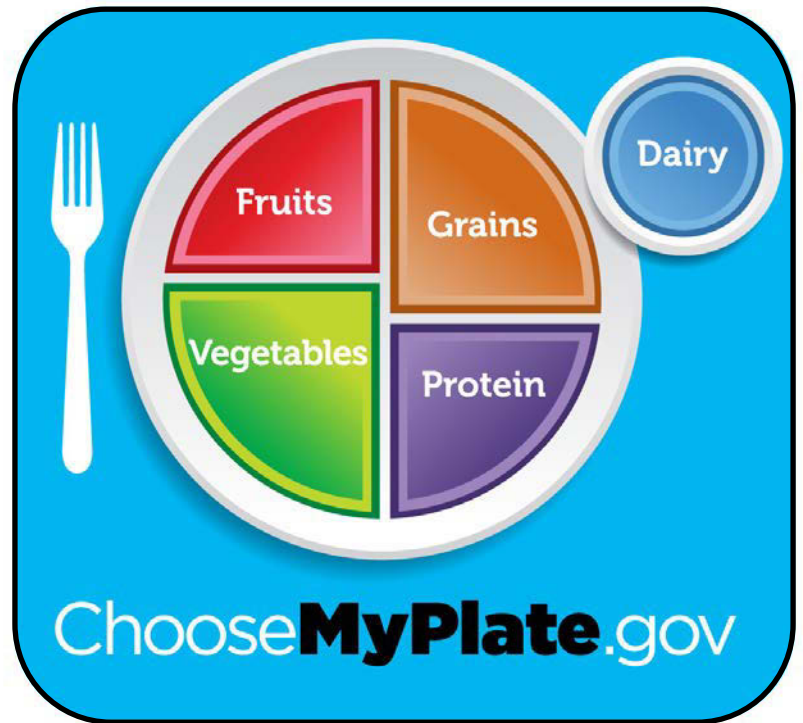


# A NEW SHAPE.

Say goodbye to the Pyramid and hello to the plate! The new **MyPlate** graphic is easier to understand -- **it's a simple matter of proportions**. Fill your plate with at least half **fruits and vegetables**, a little more than a quarter **grains** (mostly whole grains), and a little less than a quarter **lean protein** foods, with perhaps a little **dairy** on the side.



the big number

1992

The Food Guide Pyramid was born in 1992 and was used for the entire lifetime of all current K-12 students.

Try to follow these general guidelines, too:

- ✓ Enjoy what you eat, but eat less of it!
- ✓ Avoid really big portions of food
- ✓ Eat whole grains as much as possible
- ✓ Drink milk that's fat-free or low-fat (1%)
- ✓ Choose foods with lower sodium numbers
- ✓ Drink water instead of soda or other sugary drinks

If you **divide your plate like MyPlate** and follow these other guidelines, **you'll be eating healthy!**

**EAT BETTER. PLAY HARDER.  
LIVE HEALTHIER. LEARN EASIER.**

**WELLNESS IS A WAY OF LIFE!**

# WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

"A NEW SHAPE"

## EAT BETTER

Try lots of different fruits, veggies, and whole grains for a healthy diet. You're bound to find a few you really like!

### SPINACH

Spinach is brimming with vitamins, minerals, and other good stuff. And a spinach salad with hard-boiled egg, bacon, mushrooms, a sprinkle of feta cheese, and a dressing of olive oil and balsamic vinegar is a perfect (and perfectly tasty!) MyPlate meal.



## LIVE HEALTHIER



The new MyPlate graphic advises filling your plate with fruits and veggies, healthy grains, and lean protein. But don't forget - WHAT you eat isn't the only thing that makes your diet healthy. The SIZE of the plate and the AMOUNT of food you put on it are important, too. To put it another way, PROPORTIONS (the way you divide your plate up) and PORTIONS (the total amount of food on your plate) both matter, especially when you consider how average portion sizes have gotten bigger and bigger over the years. Enjoy what you eat, but don't overdo it.

## LEARN EASIER



New research indicates that eating fruits and veggies can help keep the brain sharp and may even reduce the mental decline often associated with aging. Want to be smarter, and for longer? Follow MyPlate's advice and load up on plant foods!

## PLAY HARDER

Your body prefers to use carbohydrates for energy when you exercise. Whole grains, veggies, and fruits are loaded with complex carbs, so those are the best foods to get you started and keep you going!



## MyPlate is OurPlate, too.

The philosophy of the MyPlate graphic is part of the new nutrition standards that we'll be following in our schools, too. We're cutting back on sodium, offering only low-fat and fat-free milk, using more whole grains, and serving more fresh produce. We're also looking to emphasize a variety of colorful green and orange fruits and veggies and offer fewer starchy vegetables. We're all in this together. As families like yours try to eat healthier as often as possible, we'll try to support and reinforce that kind of healthy eating in our facilities, too.

**School Meals**  
*We serve education every day™*