MYPLATE: THE KENTUCKY WAY
TOOLS FOR BUILDING A HEALTHY PLATE

STEP BACK – STEP FORWARD ACTIVITY

Ice-breaker: Step back – Step forward activity

DRAW YOUR PLATE ACTIVITY

Draw You Plate Activity: Pass out a 9-inch paper plate and markers, pencils, or crayons to participants. Ask participants to take a Styrofoam cup if they had a drink. Write the name of the drink on the cup. Ask them to think about what they had for dinner yesterday. Have them draw a picture of what their dinner plate looked like. They should also show how they placed the items on their plate. For example, if they had rice and chicken they should show how much rice and chicken they had.

Reason for the activity: We need to:
• Know what goes into our bodies
• Have certain foods each day and we have to make checks to see if we are getting them
• Take appropriate action based on the
checks we make

If we have a car we cannot run that car without checking the oil and transmission fluids. From time to time we have to check the brake fluid and the power steering fluid. We even have to check the coolant and the windshield wiper fluid. What about the tire pressure? We cannot get good gas mileage without well inflated tires. If we noticed that the oil is low or the tires need air, we take action. In the same way we have to make checks on our car in order to get the best performance, we also have to make check on our bodies to be an optimum health. If we find that things are not in order we need to take action.

We also need to know what is needed for our bodies to work properly, or for us to be healthy, and for us to have the highest quality of life.

INTRODUCTION
Do you eat just about anything you want without thinking about how it effects your body?
Do you know what it means to build a healthy plate?
Would you like to know how to make healthy food choices so that you can manage your weight?

OBJECTIVES
At the end of today’s lesson you should be able to:
State the different food that should be included in a healthy plate
Explain the benefits of healthy eating
Reflect on the types of food you eat daily
Be empowered to make smarter food choices
Set goals for healthy eating
Choose foods according to the MyPlate pattern each day

[Read objectives].
MyPlate is the new national standard for building a healthy diet, it focuses on building each meal in a healthy way based on the portions you put on your plate.

Building a healthy plate is very much like building a house; you must begin with a good foundation.

A healthy eating foundation means eating:
more fruits and vegetables, whole grains, fat-free or low-fat milk and milk products, and a variety of protein foods.
Choosing foods that you like and that fit into your cultural, ethnic and traditional food choices. It does not mean choosing foods that you do not like or never trying new foods. Of course as you build your healthy plate you would want to try new foods so that you can experience new flavors and dishes while adding variety and fun to your diet.

Having a healthy plate means using foods that are both available and affordable and putting them on your plate so that you can get the nutrients your body needs without overeating.

Provides your body with the vitamins and minerals and other nutrients it needs so that you have the energy needed to work, play and handle the challenges of life.

Prevents and controls chronic disease related to diet. Chronic diseases, such as heart disease, cancer and diabetes, are responsible for seven out of every 10 deaths in the United States each year.

Lowers risk for heart disease, stroke, some cancers, type 2 diabetes, and osteoporosis. Since you are getting the vitamins and minerals your body needs.

Improves quality of life. Eating healthy may allow you to live longer and feel more energetic and able to do the things you enjoy.
Looking at the foods you drew on the paper plate. Identify some healthy choices you made. You have the ability to make healthy food choices. Healthy eating starts with learning new ways to eat, such as adding more fresh fruits, vegetables, and whole grains and cutting back on foods that have a lot of fat, salt, and sugar.

You may use any type of fruits or vegetables to fill this half. Fresh crisp vegetables such as carrots and broccoli are easy and can be made more appealing by adding a low fat dressing. Placing whole fresh fruit on the side of the plate can also be a great way to add a serving of fruit to the mix. This is filling your plate. You need to start by putting the vegetables and fruits that you like on your plate. What are some vegetables and fruit that you may be able to put on your plate? Some people do not like to mix their fruit with the other items on their plate. If you are one of those persons, you should fill your plate with vegetables and place your fruit in a small plate on the side.
Vegetables provide potassium, dietary fiber, folate, vitamin A, and vitamin C as well as other plant chemicals. The vitamins and minerals and other substances in vegetables keep the body healthy and prevent diseases. Eating a diet rich in vegetables may reduce a person risk for heart disease, type 2 diabetes and certain types of cancers. Vegetables such as spinach, beet greens, and others are rich in potassium and may help lower blood pressure, reduce the risk of developing kidney stones and help prevent bone loss. In addition, vegetables are low in calories and are high in fiber they help a person feel full without the calories and as a result help manage weight.

Filling half your plate with vegetables means making sure that you purchase, prepare and serve them at every meal. You may want to begin by buying vegetables when they are in season and they are fresh and cost less. Plan your meals around a certain vegetable and add other food to go along with the vegetable. Make sure you reap the benefits of vegetables.

Fruits like vegetables provide vitamin C, dietary fiber, folate and potassium that help control blood pressure. Fruits rich in potassium include bananas, prunes, dried peaches, cantaloupe, honeydew melon and oranges.

Fruits contain soluble fiber that help reduce blood cholesterol levels and may lower risk of heart disease. People who eat a diet high in fruits (about five servings per day) were less likely to have chronic diseases such as cardiovascular disease and certain cancers.

It is important to purchase fruits and have them in the home so that they are easily accessible. Note that some people may not like to place fruits on their plate where they come in contact with meat and other starchy foods. If this is the case, you should fill half you plate with vegetables and serve the fruit in a bowl.
Have Participants work in groups to come up with ways they can overcome these barriers. Allow time for sharing.

Share ways to overcome barriers that were not mentioned.

In one-quarter of the plate add a whole grain; this can be anything from whole grain toast, to a whole grain pasta or casserole. Grits is also an excellent source of fiber. Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, rice, tortillas, roti and grits are examples of grain products. Cereals such as oatmeal and breakfast cereals are also included in this group. Grains are divided into two groups:
(a) Whole grains - Contains the bran, germ, and endosperm of the grain. Examples include whole wheat flour, oatmeal, bulgur, whole cornmeal and brown rice.
(b) Refined grains - The bran and germ are removed from the grain during milling. The grain has a finer texture but contain fewer nutrients because dietary fiber, B vitamins and iron are removed. Many of the nutrients that are removed are added back to the refined grain but fiber is not added back.
When you fill your plate with grains, try to include whole grain instead of refined grain.

Research shows that eating three or more servings of whole grain a day may lower the risk of cancer by 20 percent. Whole grains help reduce cholesterol and may lower your risk for heart disease, obesity, and type 2 diabetes. It also helps the bowel to function properly by reducing constipation and a disease called diverticulosis.

Work in groups to come up with ways you can overcome these barriers.

[Allow time for sharing. Ask participants to suggest tips for eating more whole grains.]
Now that we know what fruits, vegetables and grains we have on our plate, we need to decide what protein will go well with them and really pull the meal together. This does not always have to be a meat, sometimes beans or eggs, beans or nuts may be a better addition to your plate.

- Protein foods include meat, poultry, seafood, beans, peas, eggs, processed soy products, nuts, and seeds.
- Beans and peas are a part of this group and should be included in meals or used to replace protein foods.
- Include at least 8 ounces of cooked seafood per week for adults. If you are unfamiliar with cooking seafood ask around for a good casserole or tuna salad recipe. Share handout on poultry recipes.
- Vegetarian options in the Protein Foods Group include beans and peas, processed soy products, and nuts and seeds.

**ONE SERVING OF PROTEIN EQUALS**

<table>
<thead>
<tr>
<th>Serving</th>
<th>Example</th>
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<tbody>
<tr>
<td>4 oz. steak</td>
<td>4 ounces steak</td>
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<tr>
<td>1 small lean hamburger</td>
<td>2 to 3 ounces</td>
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<tr>
<td>3 ounce chicken breast</td>
<td>3 ounces chicken breast</td>
</tr>
<tr>
<td>1 can tuna, drained</td>
<td>3 to 4 ounces</td>
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<tr>
<td>4 oz. salmon steak</td>
<td>4 ounces salmon steak</td>
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<tr>
<td>1 cup split peas, lentil or bean soup</td>
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<tr>
<td>1 soy bean burger patty</td>
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One serving of protein is 4 ounces steak; 3 ounces chicken breast; 1 can tuna, drained; 4 ounces salmon steak; 1 cup split peas, lentil or bean soup; or 1 soy bean burger patty. Manage your portion size. We often eat too large a portion of meat and poultry.
Select a variety of protein foods to improve nutrient intake and health benefits. There are many different kinds of proteins that help your body in different ways, getting both plant and animal proteins can help to ensure that your body gets the proteins it needs throughout the day.

Try to plan meals around the vegetables rather than the meat. If you want to have sweet potatoes for dinner think of a meat that will go well with them, like turkey and gravy, not the other way around.

Sodium is primarily consumed as salt (sodium chloride). As a food ingredient, salt has multiple uses, such as in curing meat, baking, masking off-flavors, retaining moisture and enhancing flavor (including the flavor of other ingredients). Salt added at the table and in cooking provides only a small proportion of the total sodium that Americans consume. Most sodium comes from salt added during food processing. Many types of processed foods contribute to the high intake of sodium.
What barriers do you experience in this area (filling one-quarter your plate with lean protein)?
How can you overcome these barriers?

Work in groups to come up with ways they can overcome the barriers.

[Allow time for sharing.]

Try to include a dairy product such as cheese, yogurt or milk on the side or as part of a dish on your plate.

Foods in this group provide calcium, potassium, vitamin D, and protein that improve bone health and may reduce the risk of osteoporosis. Dairy products may also reduce the risk of cardiovascular disease, type 2 diabetes, and blood pressure.

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. 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.

What should you do?
- Include fat-free or low-fat milk, or calcium-fortified soy milk with meals
- Have fat-free or low-fat yogurt or cheeses as a snack
- Add fat-free or low-fat dairy to breakfast cereals and desserts
- Add yogurt to fruit smoothies
- Top a baked potato with fat-free or low-fat plain yogurt
- If you do not drink milk, use soy, almond, or other vegetable forms of milk. Check the Nutrient Add low fat cheeses to casseroles

Add low fat cheeses to casseroles
<table>
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<tr>
<th><strong>DAIRY IMPROVES BONE HEALTH</strong></th>
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<tbody>
<tr>
<td>Use skim milk instead of water in recipes for certain baked goods.</td>
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<table>
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<tr>
<th><strong>HOW MUCH DAIRY IS NEEDED?</strong></th>
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<tbody>
<tr>
<td>Older children, teens, and adults: 3 cups</td>
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<tr>
<td>Children 4 to 8 years old: 2½ cups</td>
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<tr>
<td>Children 2 to 3 years old: 2 cups</td>
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<th><strong>BARRIERS</strong></th>
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<tr>
<td>What barriers do you experience in adding dairy to your diet?</td>
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<tr>
<td>How can you overcome these barriers?</td>
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What barriers do you experience in this area (including dairy with your meal)?
How can you overcome these barriers?
Work in groups to come up with ways they can overcome the barriers.

[Allow time for sharing.]
OVERCOMING BARRIERS TO DAIRY USE
Include fat-free or low-fat milk, or calcium-fortified soy milk with meals.
Have fat-free or low-fat yogurt or cheeses as a snack.
Add fat-free or low-fat dairy to breakfast cereals and desserts.
Add yogurt to fruit smoothies.
Top a baked potato with fat-free or low-fat plain yogurt.
If you do not drink milk, use soy, almond, or other vegetable forms of milk.
Add low-fat cheeses to casseroles.
Use skim milk instead of water in recipes for certain baked goods.

DESSERTS AND SWEETS
There is still room for a treat. Use in moderation!

FILLING YOUR BREAKFAST PLATE
Add granola and fruit to a yogurt
Have a bowl of unsweetened cereal with milk and added fruit

There is still room for a treat such as a slice of cake, a couple of cookies, or a scoop of ice cream. Filling half your plate with fruit and vegetables, and the other half of the plate with lean protein and some grains or starchy food allows you to fill your plate the healthy way. Building a healthy plate allows room for some dessert or a sweet treat on the side. If you make healthy food choices and you are meeting your nutritional needs it is OK to enjoy desserts in moderation.

It is very common to skip breakfast due to time constraints or just not being hungry in the morning. Remember that breakfast is one of the most important meals of the day. Studies show that eating breakfast can reduce hunger throughout the morning and prevent over eating at lunchtime. It also provides the energy to stay focused in the morning. You may have some difficulty getting all of the food groups in at breakfast, but here are some healthy ways to include more:

• Add granola and fruit to a yogurt. This will include dairy, grains, and fruit in a very simply breakfast
• Have a bowl of unsweetened cereal with milk and added fruit. This is also a quick way to get dairy, grains and fruit in one quick sitting.
Another great to-go option is to make an egg sandwich by cooking up eggs anyway you like them, putting them on whole grain toast and adding tomato. If you are still hungry you can grab a banana to go. This will give you protein, grains, vegetables, and fruit.

Another way to ensure you have time for breakfast is to prepare what you can the night before so that you can wake up, grab your breakfast and be out the door. A great example of this is to have a fruit smoothie made with yogurt ready to take along with you in case you do not have time to sit down and eat. This will give you both fruit and dairy for the morning, you may even like to have some granola with your smoothie to add grains.

Getting all of the nutrients you need isn’t the only thing necessary for good health. Guidelines for good health recommend being physically active for at least 30 minutes most days of the week. This can include anything from walking at work to working in a garden or going for a swim. Physical activity does not always mean going to the gym or running a mile, it can also be enjoying some playtime with your kids, cleaning house, or going for a walk with some friends.
Some tips for staying physically active include:

- Find something that you enjoy, if you like to garden, plant some vegetables or herbs.
- Plan the time. Many people have very busy lives, but if you set aside the time to be physically active, you are much less likely to skip it.
- Have partners, if you like to walk, turn your walk into time with family or friends. Being committed to this time with someone else will give you more incentive to get out and do it.
- Find people to support you. If you know there are people behind you rooting for you to work physical activity into your schedule, it will give you encouragement along the way.
- Set manageable goals. Give yourself goals to celebrate along the way will make exercise more fun and rewarding.
RESOURCES


REFERENCES


GRAPHIC CREDITS
• Microsoft Clip art: Slides 2, 3, 7, 8, 10, 11, 12, 15, 16, 17, 18, 19, 20, 22, 21, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 35, 36, 37, 38, 40, 41, 42
• USDA Food and Nutrition Service: Slides 6, 14
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