

ANNOUNCEMENT!



On June 2, 2011, the USDA unveiled a new icon to represent healthy eating for our nation: *MyPlate!*

MyPlate illustrates the five food groups using a familiar mealtime image, a place setting. The goal is to remind Americans to eat according to the 2010 Dietary Guidelines for Americans.

THE MYPLATE MESSAGES ARE:

- Enjoy your food, but eat less.
- Avoid oversized portions.
- Make half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) milk.
- Make at least half your grains whole grains.
- Compare sodium in foods like soup, bread, and frozen meals—and choose foods with lower numbers.
- Drink water instead of sugary drinks.

ChooseMyPlate.gov includes much of the consumer and professional information formerly found on MyPyramid.gov. MyPyramid.gov materials have been archived on the ChooseMyPlate.gov website and they will be updated to include the new *MyPlate* icon during the next year.