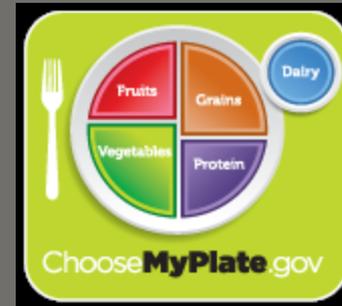


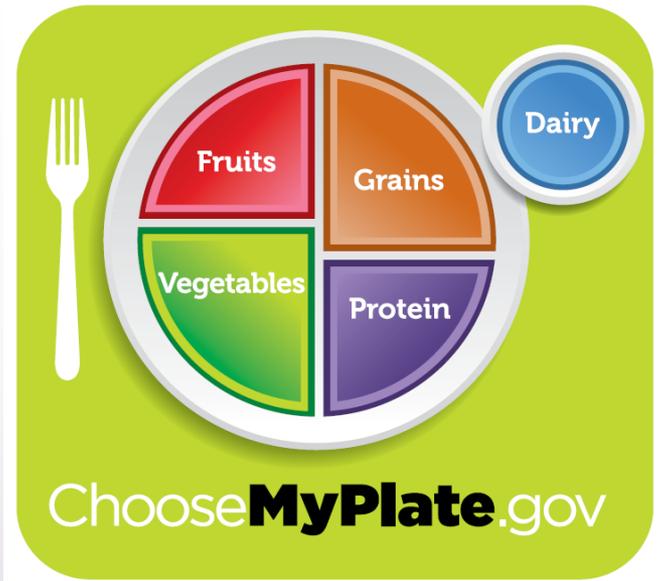
# HPMC OCCUPATIONAL MEDICAL SERVICES

Keep Nutrition Simple:  
ChooseMyPlate.gov



Health Education Services  
376-3939  
omchew@rl.gov

## ChooseMyPlate.gov

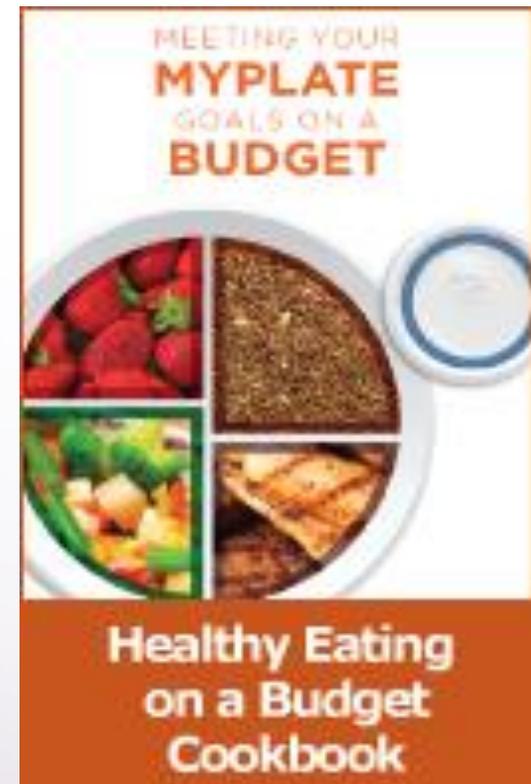


- ◆ Replaced the image of the food guide pyramid to aid in making better food choices
- ◆ Icon is to remind us to eat healthfully
  - ½ plate is fruits & vegetables
  - ¼ plate is whole grains
  - ¼ plate is lean proteins
  - Side of low-fat or fat-free dairy
- ◆ Illustrates the five food groups using a familiar mealtime visual
- ◆ Valuable resources for healthy lifestyle choices

## Features of Site

<http://www.choosemyplate.gov/>

- ◆ SuperTracker
- ◆ Videos
- ◆ Recipes & Menus
- ◆ BMI Calculator
- ◆ 10 Nutrition Tips Education Series
- ◆ Physical Activity Ideas and Answers
- ◆ Materials for Children and Adults
- ◆ Printable Materials



## 10 Tips to a Great Plate

### Tip # 1: Balance Calories

- ◆ Find out how many calories you need
- ◆ Go to [ChooseMyPlate.gov](http://ChooseMyPlate.gov) to find your calorie level
- ◆ Managing calories is the **first step** in weight management



## 10 Tips to a Great Plate

### Tip # 2: Enjoy your food but eat less

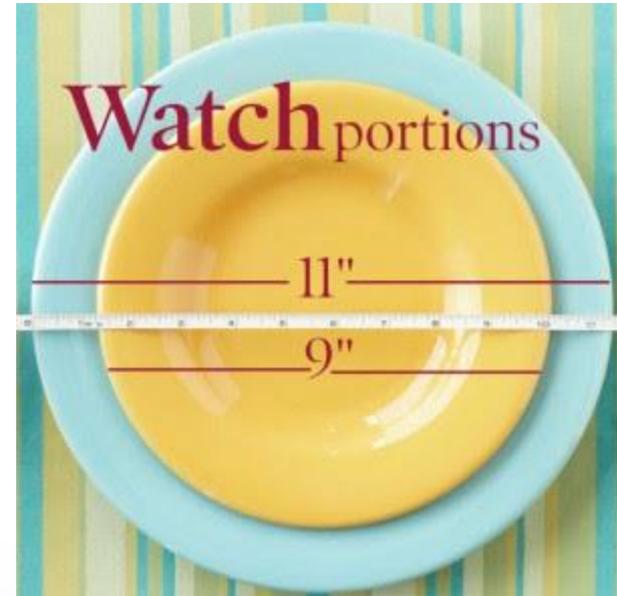
- ◆ Take your time eating!
  - Eating too quickly can cause you to overeat your calorie allowance
- ◆ Pay attention to fullness cues before, during, and after meals. Use these cues to signal when you have had enough



## 10 Tips to a Great Plate

### Tip # 3: Avoid oversized portions

- ◆ Use a smaller plate, bowl, and glass
- ◆ When eating out
  - Chose the smaller portion
  - Share
  - Take home part of your meal



## 10 Tips to a Great Plate

### Tip # 4: Foods to eat more often

- ◆ Eat more vegetables, fruits, whole grains, & fat-free/1% milk
  - These foods contain vitamins & minerals that the body needs

### Tip # 5: Make half your plate fruits & vegetables

- ◆ Chose red, orange, & dark green vegetables
- ◆ Add fruit to meals, as a side or dessert



## 10 Tips to a Great Plate

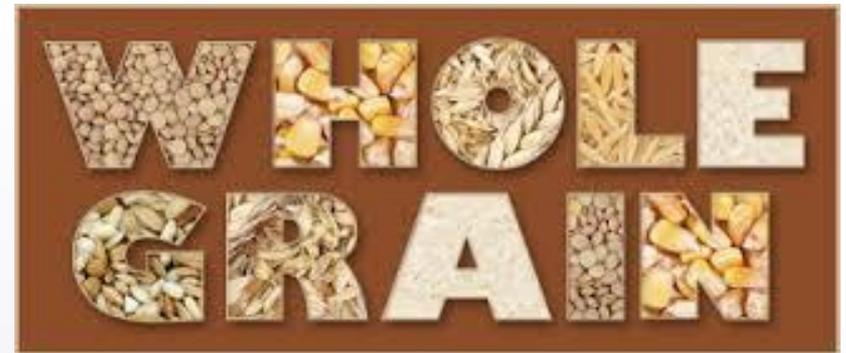
### Tip # 6: Switch to fat-free or low-fat milk

- ◆ Low fat & fat free products have the same amount of calcium as the full fat versions but fewer calories



### Tip # 7: Make half your grains whole grains

- ◆ Substitute whole grain products for refined grains like white rice
- ◆ Whole grain products contain more fiber which helps keep you full longer



## 10 Tips to a Great Plate

### Tip # 8: Foods to eat less often

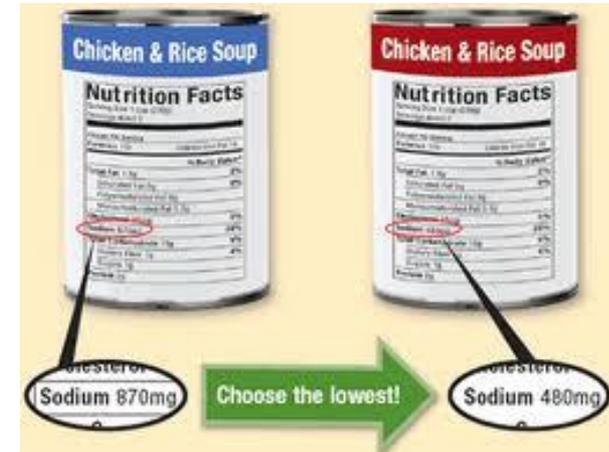
- ◆ Cut back on foods that are high in:
  - Solid fats
  - Added sugars
  - Salt
- ◆ Use these foods as occasional treats, no everyday food



## 10 Tips to a Great Plate

### Tip # 9: Compare sodium in food

- ◆ Use nutrition labels to guide you to make the lower sodium choice between products



### Tip # 10: Drink water instead of sugary drinks

- ◆ Cut calories by drinking water instead of soda, energy drinks, and sports drinks
  - Sweet beverages are a major source of added sugar



For assistance with your nutrition & weight management, call to schedule a one-on-one health coaching appointment

376-3939

[omchew@ri.gov](mailto:omchew@ri.gov)

