

HARFORD COMMUNITY ACTION AGENCY
FOOD ADVOCACY



**RESOURCE
GUIDE**



From the desk of
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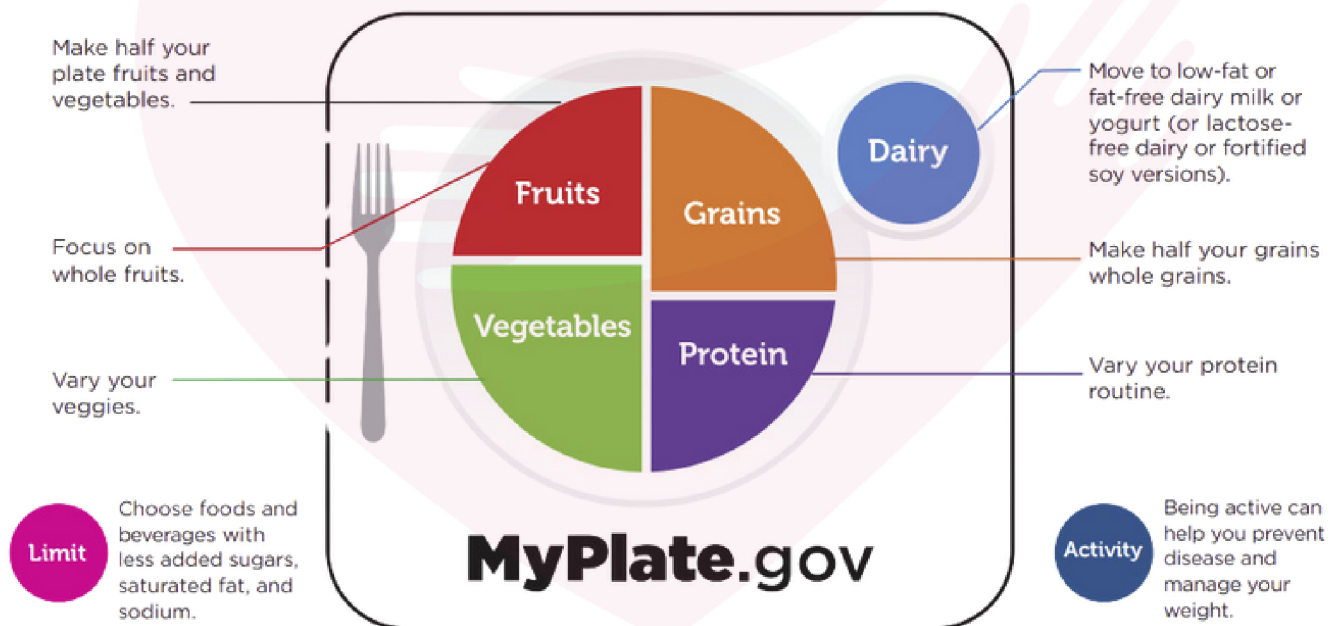
Overview of MyPlate

What is MyPlate?

- A guide for eating healthy by using a place setting image to show one what to consider when preparing a meal
- There are five main groups that make up MyPlate, including, fruits, vegetables, dairy, grains, and protein. These are building blocks for a healthy diet, which are important for one's overall health.

Start simple with MyPlate

Healthy eating is important at every life stage,
with benefits that add up over time, bite by bite. Small changes matter.



Fruits

- What foods are in the fruit group?
 - Any fruit, which can be fresh, frozen, canned, or dried/dehydrated
 - Fruits that are whole, cut up, pureed (mashed), or cooked
 - 100% fruit juice
- Most fruits are low in fat, sodium, and calories and do not contain cholesterol
- Fruits have many essential nutrients that many people do not get enough of, such as vitamin C, fiber, and potassium
- Choose fruits in season for maximum flavor and to save money
- Based off a 2,000 calorie plan it is recommended one to consume around 2 cups of fruits each day. Half of the recommended amount of fruit eaten should come from whole fruit, rather than 100% fruit juice.
- Four subgroups can include berries, 100% fruit juice, melons, and other
- Six tips for including fruit into your diet:
 - Include fruit at breakfast
 - Take fruit on the go
 - Make your own trail/fruit mix
 - Enjoy whole fruit as a snack
 - Include fruit at dinner
 - Keep fruit on hand

Vegetables

- What foods are in the vegetable group?
 - Vegetables that are raw or cooked
 - Fresh, frozen, canned, or dried vegetables
 - Whole, cut-up, or mashed vegetables
 - 100% vegetable juice
- Most vegetables are naturally low in fat and calories
- Vegetables are important sources of nutrients, including potassium, dietary fiber, vitamin C, and vitamin A
- Eat in season for maximum flavor and to save money
- Five subgroups can include dark green vegetables, starchy vegetables, red and orange vegetables, beans, peas, and lentils, and other vegetables
- Based on a 2,000 calorie plan it is recommended one to consume 2 ½ cups of vegetables daily
- Six tips for including vegetables into your diet:
 - Include vegetables at breakfast (e.g. greens in a smoothie or vegetables in eggs)
 - Add vegetables to salads
 - Try a stir-fry
 - Add to a sandwich/wrap
 - Enjoy vegetables with a dip/spread
 - Take vegetables on the go

Dairy

- What foods are included in the dairy group?
 - Milk, yogurt, and cheese
 - Lactose-free milk
 - Fortified soy milk and yogurt
- For those who do not consume milk products, there are dairy free alternatives:
 - Calcium-fortified juices
 - Calcium-fortified, plant-based milk alternatives, such as almond milk or rice milk
 - Canned fish, such as sardines and salmon
 - Tofu made with calcium sulfate
 - Tahini, such as sesame butter or paste
 - Some leafy greens, such as collard greens, spinach, kale, and bok choy
- Choose low-fat or fat-free forms of dairy (lower in saturated fat)
- The dairy group provides many nutrients, such as calcium, potassium, and vitamin D
- Based on a 2,000-calorie plan, it is recommended one to consume 3 cups of dairy daily
- Some subgroups can include, fluid milk, milk-based desserts, non-dairy calcium alternatives, hard natural cheese, soft cheeses, and yogurts.
- Six tips for including dairy into your diet can include:
 - Include dairy in the morning (yogurt or cereal)
 - Look for calcium sources in foods too, such as some breads, tofu, and some greens
 - Fit dairy into lunch and dinner
 - Create your own dressing
 - Drink your dairy (milk or fortified soy beverage)
 - Snack on cheese or homemade cheese spread

Grains

- What foods are in the grain group?
 - Foods made from wheat, rice, oats, cornmeal, barley, or another cereal grain
 - Bread, pasta, breakfast cereals, grits, and tortillas
 - Popcorn, rice, and oatmeal
- A grain is made up of three parts:
 - Bran: multi-layered outer skin of the edible kernel
 - Germ: the embryo which has the potential to grow into a new plant
 - Endosperm: the germ's food supply, which provides energy to the plant for water and nutrients
- Two subgroups:
 - Whole grains: contain the grain kernel
 - Refined grains: bran and germ have been removed. This process is done to give grains a finer texture and longer shelf life.
- Half your grains should be whole
 - The color and name on the front of the package is not always an indicator of whole; check the ingredients for the word "whole"
 - A whole grain is a grain that has all three parts intact
 - Choosing whole grains will help one feel fuller longer, maintain a healthy body weight, and lower the risk of some health problems
- Grains are important sources of complex carbohydrates, dietary fiber, several B vitamins, and minerals
- To save money, purchase the store brand and in bulk
- Based on a 2000-calorie plan, it is recommended that one consumes 6 ounces of grains daily
- Six tips for including grains into your diet can include:
 - Include grains at breakfast (cereal, oatmeal, or toast)
 - Enjoy a multigrain bowl
 - Swap your sandwich bread
 - Choose whole grain takeout
 - Experiment with a new grain
 - Create your own personal pizza using a whole wheat flatbread or English muffin

Protein

- What foods are in the protein group?
 - Seafood
 - Meat, poultry, and eggs
 - Beans, peas, and lentils
 - Nuts, seeds, and soy products
- Select a variety of protein foods to improve nutrient intake and health benefits
- Meat and poultry options should be lean or low fat
 - Choose chicken, turkey, and fish (baked or broiled, not fried)
 - Choose 93% lean ground beef, pork loin, and skinless chicken breasts
 - Choose seafood options that are higher in healthy fatty acids (omega-3s), such as salmon, anchovies, and trout
- Avoid the following protein foods, as they can be high in saturated fat:
 - Fatty cuts of beef, pork, and lamb
 - Regular (75% to 85% lean) ground beef
 - Regular sausages, hot dogs, and bacon
 - Lunch meats
 - Some poultry, such as duck
- Buy what is on sale, and adjust the plan if needed
- Based on a 2000-calorie plan, it is recommended for one to consume 5 ½ ounces of protein daily
- Six tips for including protein in your diet include:
 - Include protein in your snack (nut butters with fruit or crackers or hard-boiled eggs)
 - Keep seafood on hand
 - Add protein to your salad
 - Take protein on the go
 - Get creative with beans, peas, and lentils (chili or stews)
 - Serve up lean beef

Reading a Nutrition Facts Label

Sample Label for Frozen Lasagna

Nutrition Facts	
4 servings per container	
Serving size	1 cup (227g)
Amount per serving	
Calories	280
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

1. Serving Information

- The servings per container reflects the total amount of servings in that package
- The serving size reflects the amount of product someone typically eats/drinks. All of the nutrient amounts shown on the label are based off the serving size.

2. Calories

- Calories provide a measure of how much energy you get from a serving of a product
- To achieve or maintain a healthy weight, balance the number of calories you eat/drink with the number of calories your body uses

3. Nutrients

- You can use the nutrition facts label to better understand the nutrient content of a product, adjusting your diet as needed
- Nutrients you may want more of can include dietary fiber, vitamin D, calcium, iron, and potassium

4. Quick Guide to percent Daily Value (%DV)

- The % daily value is the percentage of the daily value for each nutrient in a serving of the food
- The % daily value shows how much a nutrient in a serving of food contributes to a total daily diet
- If the item is 5% or less DV it is considered low and if the item is 20% DV or more it is considered high