# **Nutrition Notes from the Neuromuscular Center**

# ChooseMyPlate.gov

The website features practical information and tips to help Americans build healthier diets.

It features selected messages to help consumer focus on key behaviors. Selected messages include:

- o 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.
- o Compare sodium in foods like soup, bread, and frozen meals—and choose foods with lower numbers.
- Drink water instead of sugary drinks.

First Lady Michelle Obama and Agriculture Secretary Tom Vilsack Launch the *MyPlate* Icon as a New Reminder to Help Consumers to Make Healthier Food Choices



# **New USDA Food Guide**

Introduced on June 2, 2011, the new USDA food guide is called MyPlate. It is based on the 2010 Dietary Guidelines for Americans. It is intended to help people choose a more healthful diet. It is geared to be used in conjunction with the website. Currently the website is up and running, however additional information with be available this fall.

# Initiatives to Come

Over the next two years the 2010 Dietary Guidelines for Americans will be using four different initiatives to help people change their eating habits and become healthier.

# **Balancing Calories**

One's body needs a certain amount of calories a day. How many calories you consume from food and beverages needs to be considered based on the amout of physical activity you get, and various other factors.

#### Foods to Reduce

Most people need to reduce the amount of certain foods they consume in order to be more healthy. Most people need to reduce the amount of sodium, saturated fat, trans fatty acid, added sugar and refined grains. This will help reduce overall calories eaten. This will also help with reducing certain health problems, such as cardiovascular disease, diabetes and certain types of cancer.

## Foods to Increase

Many people do not eat a variety of foods to get the needed nutrients. Many people can be lacking in potassium, dietary fiber, calcium and vitamin D. It is recommended to increase the number of vegetables, fruit, whole grains, and low fat or fat free milk and milk products. By increasing these food groups you can close the nutrient gaps.

# Be Active Your Way

According to the 2008 Physical Activity Guidelines for Americans, children and adolescents should get 60 minutes or more of physical activity daily. This should include aerobic, muscle strengthening and bone strengthening activity 3 days a week. Activities should be appropriate for their age and ability. They should also have variety.

# Smart Ideas for Getting Started on the Initiatives

- 1. Eat less. Sounds simple but by cutting back the amount of food you eat, you can help cut unneeded calories.
- 2. Watch you portion sizes. Most people eat larger portions sizes than needed. Some things that help are using smaller plates and reading portion sizes on labels.
- 3. Drink more water and cut out sugar filled beverages. Try drinking flavored calorie free waters or using a sugar free powder packs to add variety to you water.
- 4. Reduce the amount of sodium you consume. Read labels and buy low sodium products. Try using sodium free spices and herb mixes to help flavor foods.
- 5. Make half your plate fruit and vegetables. This will help you cut the amount of calories you eat and help you get your needed nutrients.
- 6. Make half the grains you eat whole grain. The will help you get more fiber in your diet and help to make you feel fuller longer. They also have needed nutrients in them.
- 7. Get more aerobic, muscle and bone exercise. Do this by hopping, skipping, swimming, dancing, tug of war, lifting weights, reistance bands and playing on playground equipment.



# Quick & Easy Recipes

# Lemon Velvet Supreme

Serving Size: 1/6 of recipe

Yield: 6 servings

# *Ingredients:*

2 cups fat free vanilla yogurt
3 tablespoons instant lemon pudding mix
8 squares graham crackers, crushed
1 can (4 ounces) mandarin orange slices, drained (or your favorite fruit)

# Preparation:

- 1. Combine vanilla yogurt and pudding mix; gently stir together.
- 2. Layer bottom of serving dish with crushed graham crackers.
- 3. Pour pudding mixture over cracker crumbs.
- 4. Top with mandarin orange slices or your favorite fruits.

Source: SNAP-Ed Connection

Nutritional Information per serving:

Calories: 150 Total Fat: 1 Satured Fat: 0 Sodium 21 mg Protein 5 g

# **Bulgar Chickpea Salad**

Serving Size: 1/6 of recipe

Yield: 6 servings

Ingredients:

1¼ cups water, 1 cup coarse bulgur, 1 teaspoon dried parsley, 1 teaspoon minced onion, 1 teaspoon soy sauce, ½ cup chopped green onions, ½ cup raisins, ½ cup chopped carrots, ¾ cup canned chickpeas (garbanzo beans), drained and rinsed

# Dressing:

2 tablespoons oil, 2 tablespoons lemon juice, 1 tablespoon soy sauce, 1 garlic clove, minced Black pepper to taste

# Preparation:

- 1. In a medium saucepan, bring water to boil. Stir in bulgur, parsley, minced onion, and soy sauce. Reduce heat to low and cover. Simmer 15-20 minutes (until all water is absorbed and bulgur is not too crunchy). Do not overcook.
- 2. Remove from heat and allow to cool; fluff with fork.
- 3. Combine dressing ingredients; stir well.
- 4. Put bulgur mixture in a large bowl. Pour dressing over bulgur mixture and mix well.
- 5. Stir in green onions, raisins, carrots, and chickpeas. Cover and chill for several hours.

Source: SNAP-Ed Connection

Nutritional Information per serving:

Calories: 200 Total Fat: 5 Satured Fat: 0.5 Sodium 330 mg Protein 5 q



### A Brief History of USDA Food Guides

1916 to 1930s: "Food for Young Children" and "How to Select Food" Established guidance based on food groups and household measures. Focus was on "protective foods"

# 1940s: A Guide to Good Eating (Basic Seven)

Foundation diet for nutrient adequacy Included daily number of servings needed from each of seven food groups Lacked specific serving sizes Considered complex

# 1956 to 1970s: Food for Fitness, A Daily Food Guide (Basic Four)

Foundation diet approach—goals for nutrient adequacy

Specified amounts from four food groups

Did not include guidance on appropriate fats, sugars, and calorie intake

# **1979**: Hassle-Free Daily Food Guide Developed after the 1977 Dietary Goals

for the United States were released

Based on the Basic Four, but also included a fifth group to highlight the need to moderate intake of fats, sweets, and alcohol

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### A Brief History of USDA Food Guides Continued

### 1984: Food Wheel: A Pattern for Daily Food Choices

Total diet approach included goals for both nutrient adequacy and moderation

Five food groups and amounts formed the basis for the Food Guide Pyramid

Daily amounts of food provided at three calorie levels

First illustrated for a Red Cross nutrition course as a food wheel

## 1992: Food Guide Pyramid

Total diet approach—goals for both nutrient adequacy and moderation Developed using consumer research, to bring awareness to the new food patterns

Illustration focused on concepts of variety, moderation, and proportion Included visualization of added fats and sugars throughout five food groups and in the tip

Included range for daily amounts of food across three calorie levels

## 2005: MyPyramid Food Guidance System

Introduced along with updating of Food Guide Pyramid food patterns for the *2005 Dietary Guidelines for Americans*, including daily amounts of food at 12 calorie levels

Continued "pyramid" concept, based on consumer research, but simplified illustration. Detailed information provided on website "MyPyramid.gov"

Added a band for oils and the concept of physical activity Illustration could be used to describe concepts of variety, moderation, and proportion

# 2011: MyPlate

Introduced along with updating of USDA food patterns for the *2010 Dietary Guidelines for Americans* 

Different shape to help grab consumers' attention with a new visual cue lcon that serves as a reminder for healthy eating, not intended to provide specific messages

Visual is linked to food and is a familiar mealtime symbol in consumers' minds, as identified through testing

"My" continues the personalization approach from MyPyramid

#### For more information:

Welsh S, Davis C, Shaw A. A brief history of food guides in the United States. *Nutrition Today* November/December 1992:6-11.

Welsh S, Davis C, Shaw A. Development of the Food Guide Pyramid. *Nutrition Today* November/December 1992:12-23.

Haven J, Burns A, Britten P, Davis C. Developing the Consumer Interface for the MyPyramid Food Guidance System. *Journal of Nutrition Education and Behavior* 2006, 38: S124–S135.

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