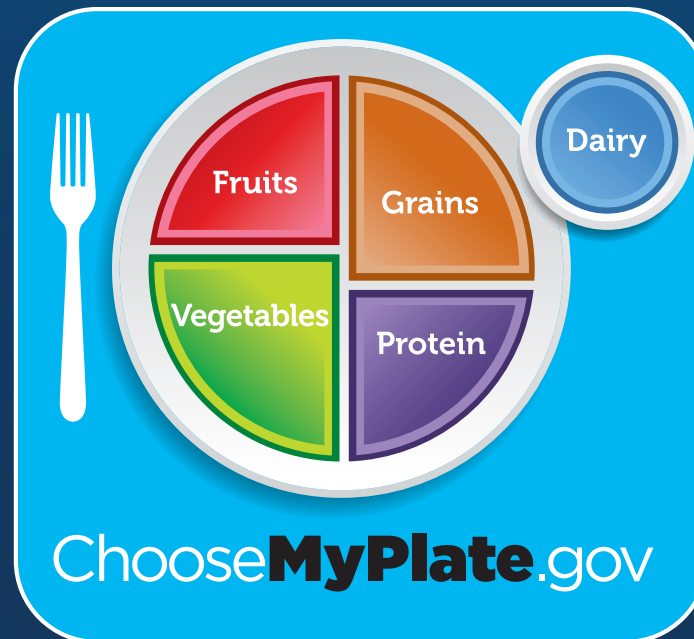


# UNDERSTANDING AND USING MYPLATE\*

\*Includes a section on how Food Processor integrates MyPlate recommendations and visuals.



an eBook from ESHA Research



# 2

## TABLE OF CONTENTS

MyPlate: A Visual Tool .....3

MyPlate Principles .....5

Understanding Food Groups.....6

Recommendations and What They Mean .....8

MyPlate and Food Processor .....10

Summary.....14

References.....14

# 3

## MYPLATE: A VISUAL TOOL

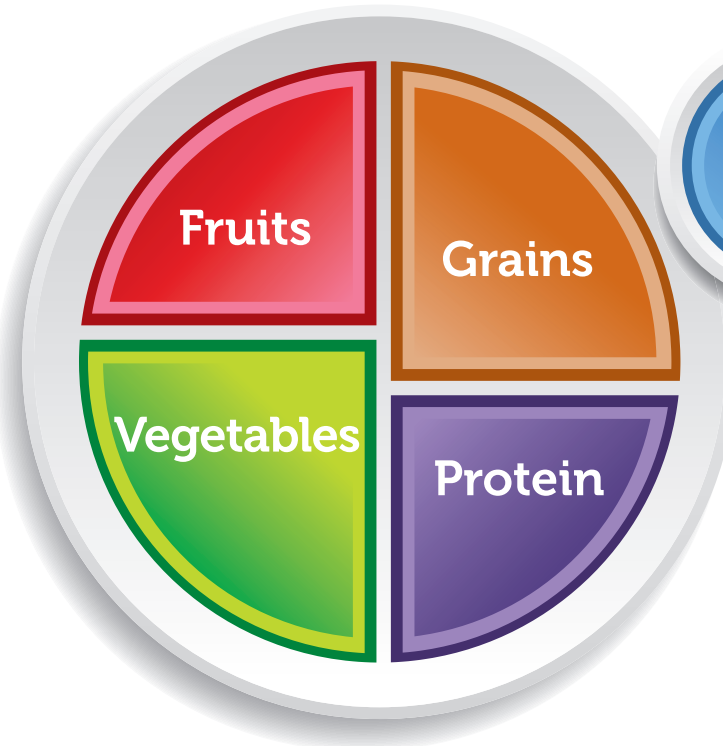
**USDA developed MyPlate to encourage healthy eating patterns and offer an easy-to-understand graphic to help people make good food choices.**

At it's core, the MyPlate guide is a simple visual tool, using colors and shapes to communicate its message.

## 4

The primary image representing MyPlate is of a place setting divided into five sections. Each section represents one of the five major food groups and each group is associated with a color.

Health educators can use MyPlate to easily convey recommendations, tips, and strategies to assist individuals in eating a variety of foods from each of these food groups.



Choose**MyPlate**.gov

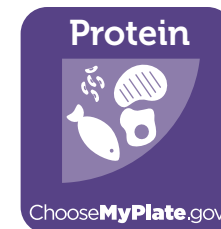
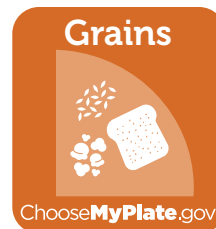
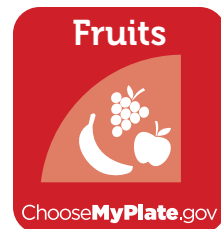


# 5

## MYPLATE PRINCIPLES:

- Focus on variety, amount, and nutrition.
- Choose foods and beverages with less saturated fat, sodium, and added sugars.
- Start with small changes to build healthier eating styles.
- Support healthy eating for everyone.

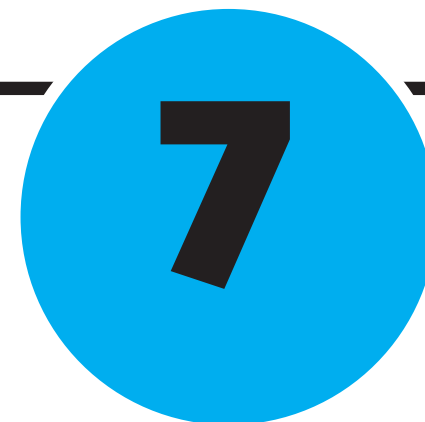
# 6








## UNDERSTANDING FOOD GROUPS

Foods are divided into groups according to basic nutritional content with the idea that foods within each group are nutritionally similar. The philosophy is that most nutrient needs can be met through diet if the recommended amounts of foods from the five groups are consumed.

This flexibility of choice allows individuals who follow a variety of eating patterns (i.e. vegetarian, vegan, gluten-free, etc.) to customize their intake from each food group to meet their nutritional needs.



<b>Food Group</b>	<b>Equivalents</b>	<b>Major Nutrients Provided</b>
<b>1 CUP OF FRUIT</b> 	1 cup of fresh fruit 1 cup of 100% fruit juice 1/2 cup dried fruit	potassium, fiber, vitamin C, folate
<b>1 CUP OF VEGETABLES</b> 	1 cup of raw or cooked vegetables or vegetable juice 2 cups of raw leafy greens	potassium, fiber, folate, vitamin A, vitamin C
<b>AN OUNCE-EQUIVALENT OF GRAINS</b> 	1 slice of bread 1 cup of ready-to-eat cereal 1/2 cup cooked rice, pasta or cereal	fiber, B vitamins (thiamin, riboflavin, niacin, folate), iron, magnesium, selenium
<b>AN OUNCE-EQUIVALENT OF PROTEIN</b> 	1 ounce of meat, poultry or fish 1/4 cup cooked beans 1 egg 1 tbsp of peanut butter 1/2 oz nuts or seeds	protein, B vitamins (niacin, thiamin, riboflavin, B6), vitamin E, iron, zinc, magnesium
<b>1 CUP OF DAIRY</b> 	1 cup of milk, yogurt or soymilk 1 1/2 ounces of natural cheese 2 ounces of processed cheese	calcium, potassium, vitamin D, protein

*Note: This chart shows each food group and the recommended base serving size.*

*The Equivalents column lists examples of real-world servings that equal the base serving size.*

*Each group provides key nutrients needed to maintain health.*



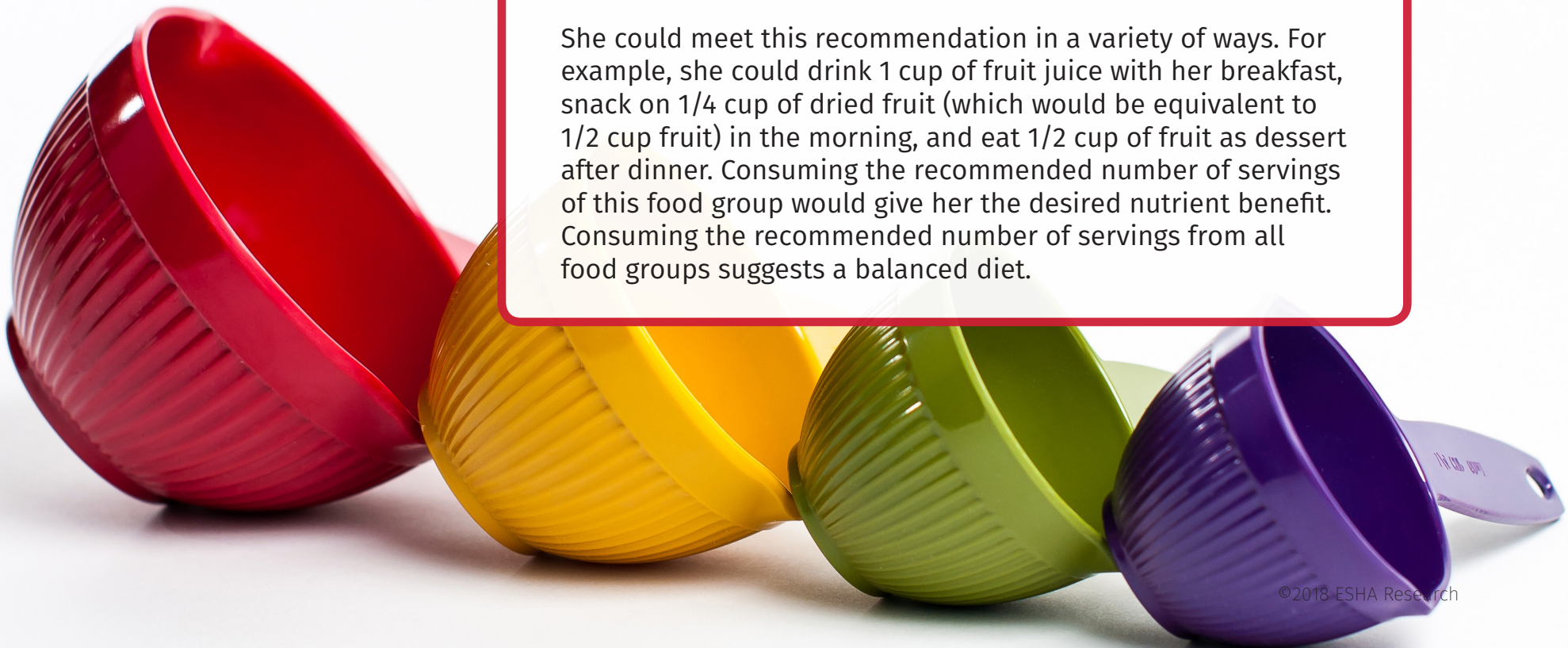
## 8

## RECOMMENDATIONS AND WHAT THEY MEAN

Take for example the fruit food group. Daily recommendations are provided in cups based on gender, age, and calorie level.

**According to the recommendations, a 26-year-old woman would require, on average, 2 cups of fruit daily for optimal health.**

She could meet this recommendation in a variety of ways. For example, she could drink 1 cup of fruit juice with her breakfast, snack on 1/4 cup of dried fruit (which would be equivalent to 1/2 cup fruit) in the morning, and eat 1/2 cup of fruit as dessert after dinner. Consuming the recommended number of servings of this food group would give her the desired nutrient benefit. Consuming the recommended number of servings from all food groups suggests a balanced diet.





		<b>Fruit (cups)</b>	<b>Vegetable (cups)</b>	<b>Grains (oz-equiv) (min amt of whole grains)</b>	<b>Protein (oz-equiv)</b>	<b>Dairy (cups)</b>
Children	2-3 years old	1 cup	1 cup	3 oz equiv (1.5 oz equiv)	2 oz equiv	2 cups
	4-8 years old	1 to 1.5 cups	1.5 cups	5 oz equiv (2.5 oz equiv)	4 oz equiv	2.5 cups
Girls	9-13 years old	1.5 cups	2 cups	5 oz equiv (3 oz equiv)	5 oz equiv	3 cups
	14-18 years old	1.5 cups	2.5 cups	6 oz equiv (3 oz equiv)	5 oz equiv	3 cups
Boys	9-13 years old	1.5 cups	2.5 cups	6 oz equiv (3 oz equiv)	5 oz equiv	3 cups
	14-18 years old	2 cups	3 cups	8 oz equiv (4 oz equiv)	6.5 oz equiv	3 cups
Women	19-30 years old	2 cups	2.5 cups	6 oz equiv (3 oz equiv)	5.5 oz equiv	3 cups
	31-50 years old	1.5 cups	2.5 cups	6 oz equiv (3 oz equiv)	5 oz equiv	3 cups
	51+ years old	1.5 cups	2 cups	5 oz equiv (3 oz equiv)	5 oz equiv	3 cups
Men	19-30 years old	2 cups	3 cups	8 oz equiv (4 oz equiv)	6.5 oz equiv	3 cups
	31-50 years olds	2 cups	3 cups	7 oz equiv (3.5 oz equiv)	6 oz equiv	3 cups
	51+ years old	2 cups	2.5 cups	6 oz equiv (3 oz equiv)	5.5 oz equiv	3 cups

*Note: This chart shows the food group recommendations per gender and age for average weight individuals who practice less than 30 minutes of daily physical activity. Individuals who are regularly active beyond 30 minutes of daily physical activity may need higher calories to maintain weight.*

# 10

## MYPLATE AND FOOD PROCESSOR

ESHA Research's Food Processor Nutrition Analysis software can assist health educators and other nutrition professionals in the analysis of clients' diets and evaluating how their diets compare to the MyPlate guidelines.

Food Processor incorporates the Healthy U.S.-Style Pattern — Recommended Intake Amounts, from the Dietary Guidelines for Americans (see chart on Page 11), used by MyPlate. Food Processor's recommendations, analysis, and reporting account for the five major food groups.

Recommendations are based on the recommended calorie level for the specific individual/client profile.

Once a profile and diet has been input into Food Processor, it is simple to analyze the diet in terms of the number of servings per food group the diet contains. Select MyPlate from the "Reports" ribbon.



## Healthy US-Style Pattern—Recommended Intake Amounts

Calorie Level of Pattern <sup>a</sup>	1,000	1,200	1,400	1,600	1,800	2,000	2,200	2,400	2,600	2,800	3,000	3,200
Food Group <sup>b</sup>	Daily Amount <sup>c</sup> of Food from Each Group (vegetables and protein foods subgroup amounts are per week)											
<b>Fruits</b>	<b>1 c-eq</b>	<b>1 c-eq</b>	<b>1½ c-eq</b>	<b>1½ c-eq</b>	<b>1½ c-eq</b>	<b>2 c-eq</b>	<b>2 c-eq</b>	<b>2 c-eq</b>	<b>2 c-eq</b>	<b>2½ c-eq</b>	<b>2½ c-eq</b>	<b>2½ c-eq</b>
<b>Vegetables</b>	<b>1 c-eq</b>	<b>1½ c-eq</b>	<b>1½ c-eq</b>	<b>2 c-eq</b>	<b>2½ c-eq</b>	<b>2½ c-eq</b>	<b>3 c-eq</b>	<b>3 c-eq</b>	<b>3½ c-eq</b>	<b>3½ c-eq</b>	<b>4 c-eq</b>	<b>4 c-eq</b>
Dark-green veg (c-eq/wk)	½	1	1	1½	1½	1½	2	2	2½	2½	2½	2½
Red/Orange veg (c-eq/wk)	2½	3	3	4	5½	5½	6	6	7	7	7½	7½
Beans and peas (c-eq/wk)	½	½	½	1	1½	1½	2	2	2½	2½	3	3
Starchy veg (c-eq/wk)	2	3½	3½	4	5	5	6	6	7	7	8	8
Other veg (c-eq/wk)	1½	2½	2½	3½	4	4	5	5	5½	5½	7	7
<b>Grains</b>	<b>3 oz-eq</b>	<b>4 oz-eq</b>	<b>5 oz-eq</b>	<b>5 oz-eq</b>	<b>6 oz-eq</b>	<b>6 oz-eq</b>	<b>7 oz-eq</b>	<b>8 oz-eq</b>	<b>9 oz-eq</b>	<b>10 oz-eq</b>	<b>10 oz-eq</b>	<b>10 oz-eq</b>
Whole grains <sup>d</sup> (oz-eq/day)	1½	2	2½	3	3	3	3½	4	4½	5	5	5
Refined grains (oz-eq/day)	1½	2	2½	2	3	3	3½	4	4½	5	5	5
<b>Protein Foods</b>	<b>2 oz-eq</b>	<b>3 oz-eq</b>	<b>4 oz-eq</b>	<b>5 oz-eq</b>	<b>5 oz-eq</b>	<b>5½ oz-eq</b>	<b>6 oz-eq</b>	<b>6½ oz-eq</b>	<b>6½ oz-eq</b>	<b>7 oz-eq</b>	<b>7 oz-eq</b>	<b>7 oz-eq</b>
Meats, poultry, eggs (oz-eq/wk)	10	14	19	23	23	26	28	31	31	33	33	33
Seafood (oz-eq/wk)	3	4	6	8	8	8	9	10	10	10	10	10
Nuts, seeds, soy products (oz-eq/wk)	2	2	3	4	4	5	5	5	5	6	6	6
<b>Dairy</b>	<b>2 c-eq</b>	<b>2½ c-eq</b>	<b>2½ c-eq</b>	<b>3 c-eq</b>	<b>3 c-eq</b>	<b>3 c-eq</b>	<b>3 c-eq</b>	<b>3 c-eq</b>	<b>3 c-eq</b>	<b>3 c-eq</b>	<b>3 c-eq</b>	<b>3 c-eq</b>
<b>Oils</b>	<b>15 g</b>	<b>17 g</b>	<b>17 g</b>	<b>22 g</b>	<b>24 g</b>	<b>27 g</b>	<b>29 g</b>	<b>31 g</b>	<b>34 g</b>	<b>36 g</b>	<b>44 g</b>	<b>51 g</b>
<b>Limit on Calories for Other Uses<sup>e,f</sup></b>												
<b>Calories</b>	150	100	110	130	170	270	280	350	380	400	470	610
<b>% of Calories</b>	15%	8%	8%	8%	9%	14%	13%	15%	15%	14%	16%	19%

<sup>a</sup> Food intake patterns at 1000, 1200, and 1400 calories are designed to meet the nutritional needs of 2- to 8-year-old children. Patterns from 1600 to 3200 calories are designed to meet the nutritional needs of children 9 years and older and adults. If a child 4 to 8 years of age needs more calories and, therefore, is following a pattern at 1600 calories or more, his/her recommended amount from the dairy group should be 2.5 cups per day. Children 9 years and older and adults should not use the 1000-, 1200-, or 1400-calorie patterns.

<sup>b</sup> Foods in each group and subgroup are:

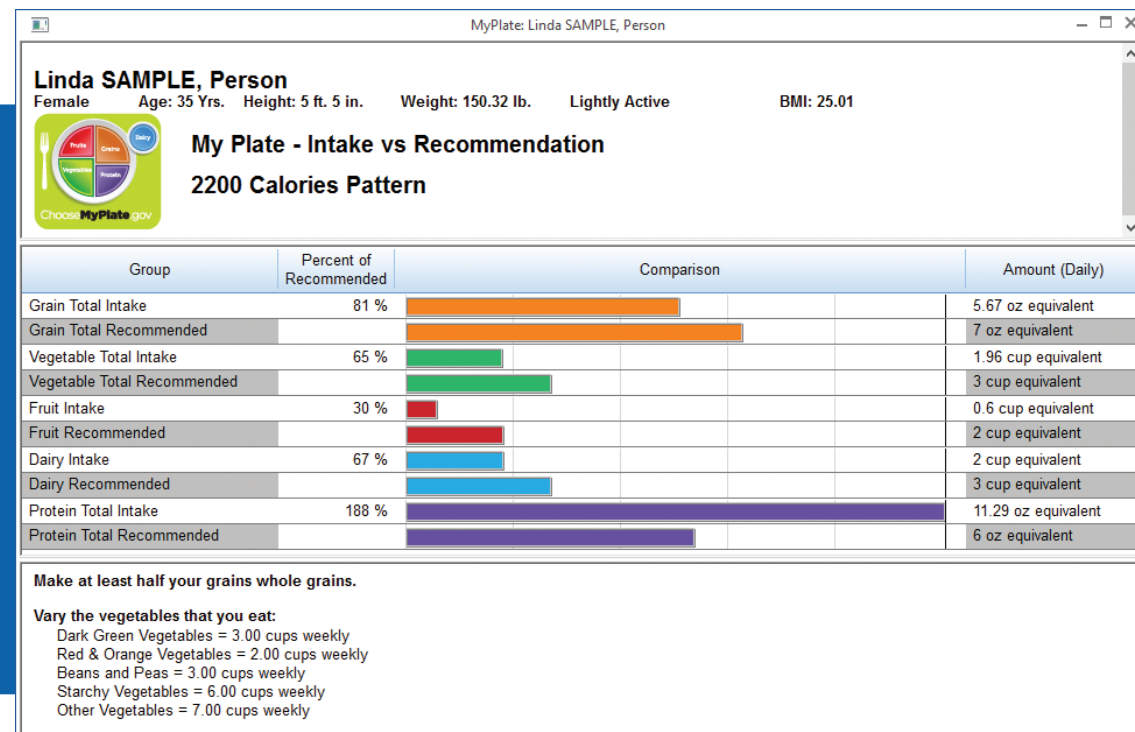
### Vegetables

- Dark-green vegetables: All fresh, frozen, and canned dark-green leafy vegetables and broccoli, cooked or raw: for example, broccoli; spinach; romaine; kale; collard, turnip, and mustard greens.
- Red and orange vegetables: All fresh, frozen, and canned red and orange vegetables or juice, cooked or raw: for example, tomatoes, tomato juice, red peppers, carrots, sweet potatoes, winter squash, and pumpkin.
- Legumes (beans and peas): All cooked from dry or canned beans and peas: for example, kidney beans, white beans, black beans, lentils, chickpeas, pinto beans, split peas, and edamame (green soybeans). Does not include green beans or green peas.

# 12

## FOOD PROCESSOR MYPLATE REPORT

The report will be in the form of a bar chart that displays the percent of diet intake in comparison to the recommended MyPlate intake by food group. In addition, the column to the far right will display the same data by weight or volume equivalent (depending on the food group).





In the example on the previous page, Linda is consuming 81% of the recommended intake for grains. The column to the right shows she would need to consume approximately 1  $\frac{1}{4}$  additional ounces of grains or grain equivalents to meet the daily recommendations for her assigned calorie intake.

*Note: The vegetable, protein, and grain food groups list a total of the recommended amounts to be consumed daily. The MyPlate report also provides a note on weekly subgroup recommendations to encourage intake variety.*



# 14

## SUMMARY

- **MyPlate is an effective tool** to assist health educators in the communication of scientific recommendations in a clear and visual way.
- **Daily recommendations** by food group are provided by the USDA based on age, gender and calorie pattern.
- A **variety of foods** can be consumed to meet the daily nutrient recommendations.
- **Food Processor** simplifies the diet analysis process by providing intake vs. recommendation reports based on the daily recommendations.

## REFERENCES

1. "MyPlate." Choose MyPlate, 19 Apr. 2017, [www.choosemyplate.gov/MyPlate](http://www.choosemyplate.gov/MyPlate)
2. "Dietary Guidelines for Americans 2015–2020 8th Edition." 2015-2020 Dietary Guidelines, [www.health.gov/dietaryguidelines/2015/guidelines/](http://www.health.gov/dietaryguidelines/2015/guidelines/)

15

ESHA Research has been the leading provider of nutrition databases, food and supplement labeling, and nutrition analysis software solutions for more than 35 years. Our team of consultants are knowledgeable in nutrition, labeling, and regulatory compliance, ensuring your unique needs are met.

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