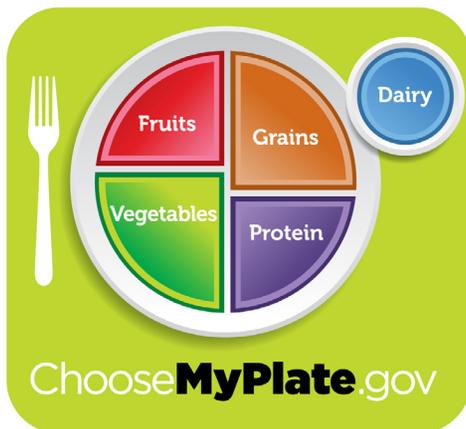


What Should I Do?

- ✓ Put less food on your plate.
- ✓ Eat lots of different fruits, vegetables, and whole grain foods.
- ✓ Eat 3 meals and healthy snacks everyday.
- ✓ Eat slower and enjoy every bite– you will feel more full!
- ✓ Stop eating when you feel full! You do not have to clean your plate!

What if I eat out?

- ✓ Restaurants usually give too much food!
- ✓ Ask to wrap half of your meal so you can eat it later or share with a friend.
- ✓ Choose steamed, grilled, or baked food instead of fried.
- ✓ Get the small sizes (never Biggie) at fast-food restaurants.
- ✓ Don't go to the all-you-can-eat buffet.
- ✓ Drink water, low-fat milk, or unsweetened tea instead of drinks with extra sugar.



Where Do I Go for More Help?

Online resources for healthy eating:

- ✓ **Montana Disability & Health Program:** http://mtdh.ruralinstitute.umt.edu/blog/?page_id=800
- ✓ **Dietary Guidelines for Americans:** <http://www.health.gov/dietaryguidelines/>
- ✓ **National Center for Physical Activity and Disability:** <http://www.ncpad.org>
- ✓ **MyPlate:** <http://www.choosemyplate.gov>
- ✓ **MyPlate for Kids:** <http://www.choosemyplate.gov/kids/index.html>



Information provided by:

Florida Center for Inclusive Communities at University of South Florida and Nisonger Center at The Ohio State University, both University Centers for Excellence in Developmental Disabilities

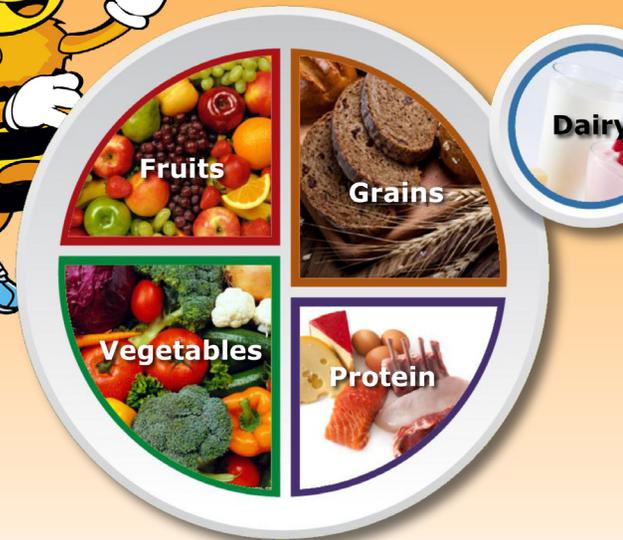
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Nutrition

MyPlate and Living Healthy



Be Healthy Information Program
for Children and Adults with Disabilities

Eating Healthy



What is the big deal about a Healthy Diet?

Research shows that a healthy diet will help you **feel better and live longer**.

Eating well can give you:

- ✓ More energy
- ✓ Better sleep
- ✓ Healthy weight

Poor diet is related to unhealthy weight and health problems like:

- ✓ Heart disease
- ✓ Cancer
- ✓ Diabetes
- ✓ High blood pressure

Poor diet can also cause:

- ✓ Sleep problems
- ✓ Feeling tired for no reason
- ✓ Extreme feelings of sadness

Eating right can help you feel better and stay healthy. **Don't forget to include physical activity in your diet!**

The New MyPlate

What is MyPlate?

- ✓ MyPlate is a reminder to eat a healthy diet made up of whole grains, vegetables, fruits, milk, and lean proteins.
- ✓ Did you notice that some parts of the plate are bigger than others? Make half your plate fruits and vegetables!
- ✓ Eat less candy, chips, sodas, and desserts.
- ✓ Eat different kinds of foods from each group everyday.

More about MyPlate

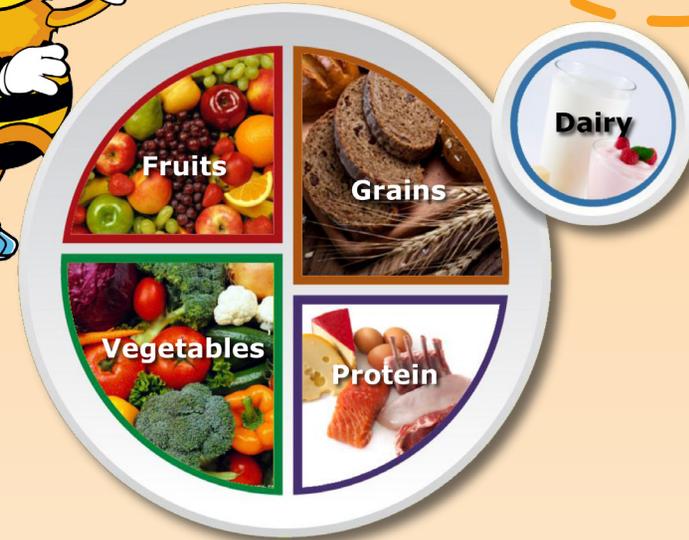


Any food made from whole wheat, brown rice, oats, cornmeal, barley or another cereal grain. Whole wheat bread or brown rice is better than white. Eat 3 servings per day.

1 serving = 1 slice of bread, 1 cup cold cereal, 1/2 cup cooked cereal, brown rice, or whole grain pasta = size of an ice cream scoop.



Any vegetable or 100% vegetable juice. Vegetables are raw or cooked; fresh, frozen, canned, or dried and are OK whole, cut-up, or mashed. Examples are broccoli, spinach, carrots, sweet potatoes, and dark green leafy lettuce. Eat 3 servings per day. *1 serving = 1 cup of vegetables = 4 lettuce leaves or the size of your fist*



Any fruit or 100% fruit juice counts as fruit. Fruits can be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed. Examples are apples, pears, bananas, melons, nectarines, peaches, plums, and berries. Eat 1 1/2 to 2 servings per day. *1 serving = 1 cup of fruit or 1 apple, orange, or banana*



Examples are milk, yogurt, pudding, and cheese (cream cheese, cream, and butter ARE NOT HEALTHY). Fat-free or low-fat milk is a better choice. Eat 3 servings per day. *1 serving = 1 cup of milk or yogurt or 1 slice of single cheese*



Meat, chicken, fish, dry beans (kidney, pinto, lentils, black-eyed peas), peas, eggs, nuts, and seeds count. Meat and chicken should be lean or low-fat. Fish, nuts, and seeds have healthy oils, so they are healthier than meat or chicken. Eat 5 servings per day. *1 serving = 2-3 ounces or 1/4 cup, this is like the size of your palm or of a check book*