



TAKE OFF POUNDS
SENSIBLY

MyPlate

Do you know what a serving of fruit looks like or how many cups of vegetables you're supposed to eat in a day? Let's be honest, all of the dietary recommendations and guidelines can get very confusing.

MyPlate reinforces sound nutritional advice that TOPS has been advocating for years, and we believe it's useful for our members no matter where they live.

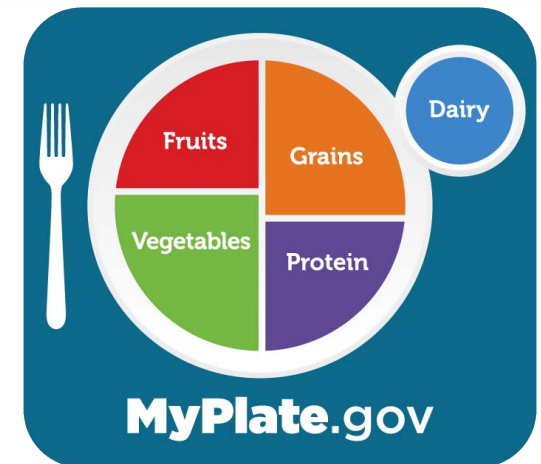
Fortunately, MyPlate aims to keep things simple. Created by the United States Department of Agriculture (USDA), MyPlate replaced the 20-year-old food pyramid in 2011 after the USDA concluded it was too confusing for consumers.

The MyPlate icon gives us a visual reminder to fill half of our plate with fruits and vegetables, something TOPS has advocated for years. It's as simple as that. The remainder of the plate should include lean protein and

grains—preferably whole grains such as brown rice or whole-wheat pasta. Pair your plate with a side of low-fat dairy such as skim milk, and you have a balanced, nutritious meal...and you didn't even have to do math!

One difference you may notice with MyPlate is that it doesn't specifically mention fats the way the old food pyramid did. However, the USDA does address oils and fats on the www.myplate.gov website.

Your body actually needs small amounts of "essential fatty acids" to function properly. Most of the fats you eat should be monounsaturated or polyunsaturated. Examples of foods containing healthy fats are nuts, avocados, olives, vegetable oils, and fish. Try to steer clear of trans fats, and limit your consumption of all fats and oils since they contain double the calories of other foods. One tablespoon is 120 calories.



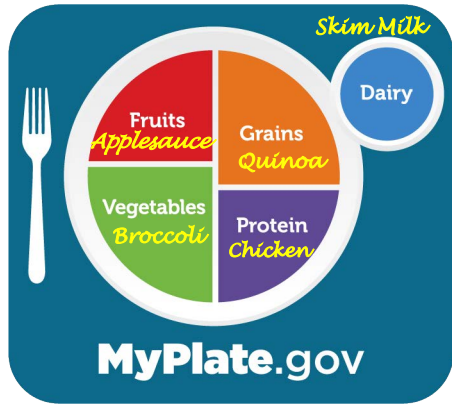
Using MyPlate

Take a look at the "A Week of MyPlate" worksheet on page 2. You'll notice there is one plate template for each day in the week. This week, try using MyPlate as the basis for your main meal each day. You may write what you ate right on the plate (as in the first sample plate). Remember not to pile food on your plate. Use the serving sizes listed at the bottom of the page as your guide to healthy portions.

Find more great information at www.tops.org

Worksheet: A Week of MyPlate

Sample Day: Wednesday



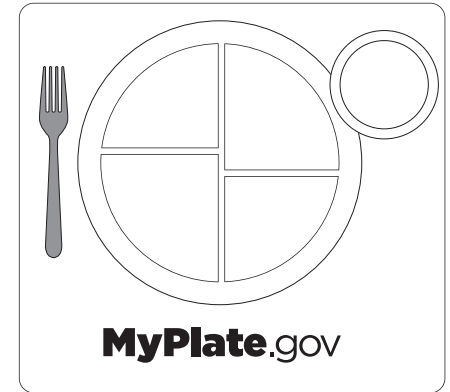
Day 1: _____



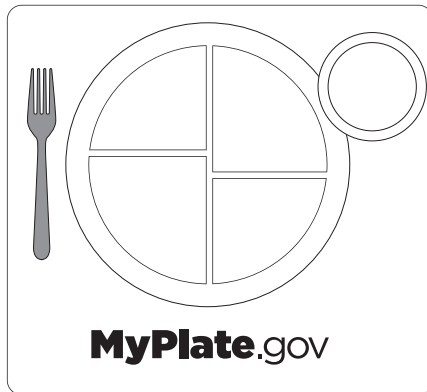
Day 2: _____



Day 3: _____



Day 4: _____



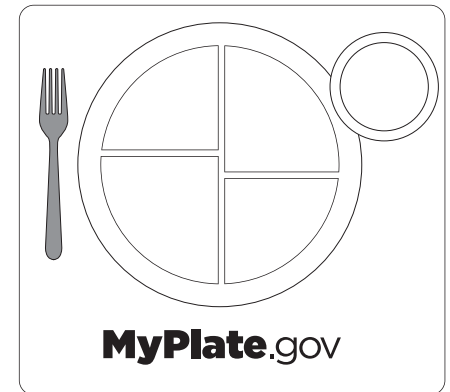
Day 5: _____



Day 6: _____



Day 7: _____



SERVING SIZES:

DAIRY

Skim or 1% milk = 1 cup
 Hard cheese = 1 1/2 oz. (4 dice)
 Yogurt = 1 cup (baseball)
 Ice cream = 1/2 cup (1/2 baseball)

GRAINS

Bread slice = (index card)
 Cooked pasta = 1/2 cup (1/2 baseball)
 Brown rice = 1/2 cup (1/2 baseball)
 Waffle/Pancake = (CD/DVD)

FRUITS & VEGETABLES

Veggies = 1 cup (baseball)
 Potato = 1 cup (fist)
 Fruits = 1/2 to 1 cup (baseball)
 Dried fruit = 1/4 cup (large egg)

PROTEIN

Meat = 3 oz. (deck of cards)
 Fish = 3 oz. (dollar bill)
 Beans and nuts = 1/4 cup (large egg)
 Lunch meat = 1 oz. (CD/DVD)

FATS & SWEETS

Butter/Margarine = 1 T. (1 die)
 Dressing/Mayo = 1 T. (1 die)

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