

## All Foods Fit on MyPlate

A healthy lifestyle is easier than you may think. Many people think they have to give up or do without the foods they like best when making changes to their diet. They also think that if there is no pain there is no gain when it comes to exercising. This does not have to be the case. All foods and activities can fit into a healthy lifestyle.



There are several key ideas that make healthy lifestyle changes easier and more enjoyable. For example:

1. All foods and activities can fit.
2. Plan variety and balance in the foods you eat and the activities you do.
3. Avoid extremes and excesses, and know your limits.

### All foods and activities can fit.

The recommendations found at [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) provide a guide to healthy eating and physical activity. MyPlate recommends that the average person eat/drink 6 ounces of grains (3 ounces of whole grains), 2½ cups of vegetables, 2 cups of fruits, 3 cups of dairy foods, and 5½ ounces of protein foods every day. The ChooseMyPlate.gov website also recommends that for overall physical fitness the following activities should be done most days:

- Activities that get your heart pumping, such as walking, jogging, or riding a bike.
- Activities that make you stronger, such as lifting weights or doing push-ups.
- Activities that improve your flexibility, such as stretching.

### Plan variety in the foods you eat and the activities you do.

When selecting foods, try eating different forms of foods, such as fresh, frozen, or canned. Each form has a slightly different taste. For example, try using fresh or canned fruit in a smoothie or on a salad. When making a meal, pair foods that have different colors, flavors, textures, shapes, and temperatures. Finally, choose activities that exercise different muscles in your body each day.

Know how. Know **now**.

## Find balance in the foods you eat and the activities you do.

Energy balance is the goal when you are trying to reach or maintain a desirable weight. Energy balance is achieved when the calories you get from foods and beverages are used up by your body in the physical activity you do. To prevent gradual weight gain, make small decreases in food and beverage calories, and increase how much physical activity you get each day.

## Avoid extremes and excesses, and know your limits.



If you control your portion sizes, you can enjoy all of your favorite foods. The ChooseMyPlate.gov website shows us the recommended amounts of foods to eat from each food group to get the nutrients we need each day. Eating the right foods and getting at least 30 minutes of physical activity on most days of the week, promotes good health and may reduce the risk of getting diet-related diseases.

### Southwestern Chicken Salad

Makes 6 servings

#### **Salad:**

- 2 c. cooked chicken, chopped
- 1 c. tomato, chopped
- ½ c. green onions, chopped
- 1 (11-ounce) can corn, drained
- ½ c. Cheddar cheese, shredded
- ½ c. black beans, drained and rinsed
- 6 c. mixed salad greens

#### **Dressing:**

- ⅔ c. fat-free sour cream
- ½ c. salsa
- 1 tsp. chili powder
- ½ tsp. ground cumin
- tortilla chips, optional

1. In a large mixing bowl, mix chicken, tomato, green onions, corn, cheese, beans, and salad greens.
  2. In a separate bowl, combine sour cream, salsa, chili powder, and cumin.
  3. Toss salad and dressing together and serve.
- Optional: To add crunch, toss with tortilla chips.

*Nutrition Facts per Serving: 230 calories, 5 g fat (8%DV), 2.5 g saturated fat (13%DV), 55 mg cholesterol (18%DV), 430 mg sodium (18%DV), 23 g total carbohydrates (8%DV), 4 g fiber (16%DV), 7 g sugar, 22 g protein, vitamin A 35%, vitamin C 30%, calcium 15%, iron 8%.*

Adapted from:

1. Dietary Guidelines for Americans 2010, USDA
2. ChooseMyPlate.gov, USDA
3. Complete Food and Nutrition Guide, 3<sup>rd</sup> Edition, The American Dietetic Association, 2006