

From Pyramid to Plate

Are you making smart food choices? As part of the new *2010 Dietary Guidelines for Americans*, the USDA released *MyPlate*, which has replaced *MyPyramid* as a guide to remind Americans to eat healthfully.

MyPlate

The *MyPlate* food icon is part of the *2010 Dietary Guidelines for Americans*. *MyPlate* will help consumers make healthier food choices, and prompt them to build a healthier plate during mealtimes.

MyPlate features five food groups—fruits, vegetables, grains, protein, and dairy—on a mealtime place setting. *MyPlate* focuses on key points such as balancing calories, correcting portions, and promoting variety to help Americans make changes toward a healthier lifestyle.



Calories In vs. Calories Out

In order to maintain your weight, you must balance your calories. To calculate how many calories *you* need in a day visit www.choosemyplate.gov.

A few tips on balancing your calories include:

1. **Eat less**—enjoy your food by eating slowly and pay attention to your hunger and fullness cues.
2. **Avoid oversized portions**: Use smaller plates and portion out foods before you eat them.
3. **Replace** higher calorie foods with foods that are lower in calories and fat.
4. **Drink water!** Avoid calorie-laden beverages.



TRY THIS--When making scrambled eggs, use cooking spray instead of butter to grease the pan and save 34 calories!

Build a Healthy Plate

When preparing your plate for mealtimes, always visualize the *MyPlate* icon, which will assist you in making healthier food choices. Focus on these guidelines to build a healthier plate:

Fill Half your Plate with Fruits and Vegetables

Fruits and vegetables provide nutrients that are essential for the health and maintenance of your body. They are naturally low in fat, sodium, and calories. Follow these tips to incorporate more fruits and vegetables into your diet:

- Look to buy in season, local fruits and vegetables.
- Purchase easy to prepare fruits and vegetables such as prewashed greens or a package of no-sugar-added precut melon.
- Eat vegetables rich in color such as sweet potatoes, tomatoes, and spinach.
- Always choose whole or cut up fruit over fruit juices.

Make Half your Grains Whole

When filling your plate with grains, aim to make at least half of them whole grains instead of refined grains.

- Whole grains contain vitamins and nutrients that give you healthy energy and keep you fuller longer.
- Examples of whole grains include whole wheat cereals, breads, crackers, rice, and pasta--as well as oatmeal, bulgur, and brown rice.

- At your next meal, substitute a refined grain, such as white rice, for a healthier whole grain, like brown rice.

Vary your Protein Choices

Protein functions as an important building block for healthy bones, muscles, skin, and blood. Aim to eat different kinds of protein in every meal.

- Keep meat and poultry portions small and lean.
- Try seafood and other fish twice per week--Salmon and Trout are great sources of Omega-3 fatty acids.
- Eat beans and peas—they are natural sources of protein as well as vegetables.
- Choose unsalted nuts as a protein-rich snack.

Remember these 8 Tips to Make a Great Mealtime Plate

1. Balance your calories
2. Enjoy your food, but eat less
3. Avoid oversized portions
4. Fill half your plate with fruits and vegetables
5. Switch to fat free or lowfat (1%) milk
6. Make at least half of the grains you eat whole grains
7. Cut back on foods high in solid fats, added sugar, and sodium
8. Stay hydrated with plenty of water.



Resources That Can Help

- **CALL BLUES ON CALLSM.**
As a Highmark member, you can work with a health coach — who comes from a team of registered nurses and lifestyle specialists — to help you better manage your eating habits. They will keep you up to date with the latest information, offer guidance, and provide educational materials, videos, and other tools to help make managing your meals a little easier. To contact a health coach, call the toll-free number on the back of your Highmark Member ID card (1-888-BLUE(2583)-428).
- **ENROLL IN AN ONLINE HEALTH AND WELLNESS PROGRAM.**
Get a personalized plan for weight management by going to your Highmark Member website at www.highmarkblueshield.com. Follow the instructions to log in and click on the “Your Health” tab. Select the link “Improve Your Health” to enroll in a variety of online programs, which feature digital health coaching. Or search the Health Topics tab of your Member website for an extensive online library of resources.
- **RECEIVE A PERSONALIZED EATING PLAN**
You can get a personalized eating plan online that tells you how many calories you should be consuming a day and how much you should be eating from each food group. Visit www.choosemyplate.gov and click on “Get a Personalized Plan” in the right hand column to get started.
- **ASK ABOUT WELLNESS PROGRAMS OFFERED AT YOUR WORKSITE**
Contact your company’s wellness coordinator to learn about healthy eating and meal planning programs offered at your workplace.