



Back to School Edition

Choose My Plate

Aneisha Andrus, Area Nutrition Agent
Vernon/Beauregard Parish

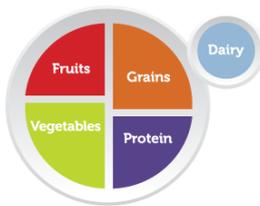
Kids are back to school and you're back to your routine consisting of



homework, after-school activities, meal planning, and an abundance of other parental duties. Yes, being a parent can be hectic at times but our number #1 goal is to make sure our children are

getting the proper nutrition to grow healthy and strong.

Therefore, encouraging healthy eating and snacking is essential to proper growth and development. In fact, studies show children who eat healthy meals and snacks perform better at school.



To help keep your kids on the right track

this school year Choose MyPlate to plan your family meals and snacks.

In case you are wondering, MyPlate is an updated version of the Food Guide Pyramid. MyPlate was introduced along with the USDA food patterns for the *2010 Dietary Guidelines for Americans in 2011*. Unlike the recent food pyramid, MyPlate is a sporting a *different* shape to help grab consumers' attention with a new visual

cue. However, the message remains the same.

MyPlate is a reminder to find your healthy eating style and build it throughout your lifetime. Everything you eat and drink matters. The right mix can help you be healthier now and in the future. This means:

- 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.

When planning meals and snacks, it is always smart to choose foods from the five MyPlate food groups – *fruits, vegetables, protein, grains, and dairy*. *To build a healthful plate:* Divide your plate in half and fill one-half with vegetables or fruits. Fill the other half with equal parts of proteins and grains. A glass of milk or other dairy, such as yogurt or cottage cheese, will complete your meal.



Use MyPlate to build your healthy eating style for you and your family and maintain it for a lifetime. Remember, your child learns healthy eating by watching you. Be a great role Model!

Learn more about how to create a healthful plate based on MyPlate at www.choosemyplate.com or visit your local LSU AgCenter for more information.

MyPlate Salad

What you need:

6 – ounces of baby spinach
1 pint strawberries, washed, stemmed and sliced
½ cup shredded part – skim mozzarella cheese
½ cup pecan halves
¾ cup whole –grain croutons
½ cup low – fat raspberry vinaigrette dressing

What you do:

Combine spinach, strawberries, cheese, pecans and croutons. Toss with dress and serve immediately.

Nutritional Information: servings.
6 serving contains 134 calories, 9.3 grams fat, 5 milligrams cholesterol, 104 milligrams sodium and 9.3 gram carbohydrates.
(Recipe from LSU AgCenter)

Sources:
Choose MyPlate.gov
LSU Ag Center