

January: Nutrition, USDA MyPlate Guidelines, Fruits & Veggies

January is for many people a time of New Year's resolutions and starting over when it comes to dietary practices. For many, indulgences and overeating during the holidays cause weight gain or inspire the desire to get in shape and follow a healthy diet. The [most up-to-date Dietary Guidelines for Americans](#) are less than a year old. MyPyramid has now been replaced [with MyPlate](#).

The key points of the 2010 Dietary Guidelines for Americans and MyPlate (Click to explore):

- ✓ Make at least half of your plate [fruits](#) and [vegetables](#)
- ✓ Make at least half your grains [whole grains](#).
- ✓ Go lean with [protein](#).
- ✓ Get your [calcium-rich](#) foods.
- ✓ Compare [sodium](#) in foods and choose the foods with lower numbers.
- ✓ Cut back on sugary drinks and [sweet treats](#).



[Click here](#) for your own personalized Plate.

Here are some great links to learn more and get healthy!

[Sample MyPlate menus.](#)

[Making It Simple: The Half-Your-Plate Concept](#)

[Give Your Plate a Makeover: Before & After \(Unhealthy & Healthy\) Plate Comparisons](#)

Search for healthy recipes using your choice of produce:

- <http://apps.nccd.cdc.gov/dnparecipe/recipesearch.aspx>
- http://www.fruitsandveggiesmorematters.org/?page_id=10

[Food choices, Portions Sizes and GO, SLOW, and WHOA Foods](#)

[Fruit or vegetable of the month](#)

[Fruits and veggies on a budget](#)

[Take America's More Matters Pledge to fight Obesity](#)