

Food and Nutrition Project - Menu Supplement

NOTE: If you do not have internet access at home, you need to do the activity described below at your public library or you can make an appointment to use the internet at the OSU Extension Office.

1. Complete the following and bring this sheet and your completed Menu Supplement to judging.

1. Go to www.choosemyplate.gov
2. Under "On Line Tools", click on "MyPlatePlan" icon
3. Under "Get Your MyPlate Plan"
4. Step 1 – Start
 - a. Answer the questions
 - b. Calculate food plan
 - c. Scroll down below your suggested calories
 - d. Choose your age group and click in on your recommended calories
 - e. On the next screen will be an icon in the upper right corner that says: "View as PDF"
 - f. Click on the icon and print

2. Explore the other "online tools" to see the other resources and information available:

- a. What's Cooking? USDA Mixing Bowl
- b. MyPlate Daily Checklist
- c. BMI Calculator
- d. Portion Distortion
- e. Body Weight Planner

3. Refer to your personal MyPlate Plan to answer the following questions:

a. What is your daily calorie need? _____

b. What is your daily recommended amount from each food group?

Grains _____ Whole Grains _____

Vegetables _____

Fruits _____

Dairy _____

Protein _____

Oils _____ Reduce sodium intake to less than _____

Limit calories from solid fats and added sugars to _____ a day.




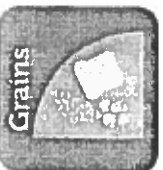

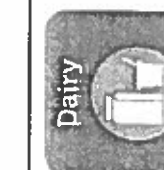
4. Use your MyPlate Plan for the day to complete the Menu using the food you prepared for judging, making sure you meet the requirements from each food group listed in 3b. Your completed "Find your Healthy Eating Style", must include the Food Exhibit you bring to judging.

A SAMPLE OF "MyPlate Plan" FOR THE DAY IS ON THE REVERSE SIDE.

MyPlate Plan

SAMPLE

Write down the foods you ate today and track your daily MyPlate, MyWins!

Food group targets for a 1,800 calorie* pattern are:		Write your food choices for each food group	Did you reach your target?	Limit	Activity
 <p>1 1/2 cups 1 cup of fruits counts as</p> <ul style="list-style-type: none"> • 1 cup raw or cooked fruit; or • 1/2 cup dried fruit; or • 1 cup 100% fruit juice. 		_____	<input type="checkbox"/> Y <input type="checkbox"/> N	 <p>Limit:</p> <ul style="list-style-type: none"> • Sodium to 2,300 milligrams a day. • Saturated fat to 20 grams a day. • Added sugars to 45 grams a day. 	<input type="checkbox"/> Y <input type="checkbox"/> N
 <p>2 1/2 cups 1 cup vegetables counts as</p> <ul style="list-style-type: none"> • 1 cup raw or cooked vegetables; or • 2 cups leafy salad greens; or • 1 cup 100% vegetable juice. 		_____	<input type="checkbox"/> Y <input type="checkbox"/> N		
 <p>6 ounce equivalents 1 ounce of grains counts as</p> <ul style="list-style-type: none"> • 1 slice bread; or • 1 ounce ready-to-eat cereal; or • 1/2 cup cooked rice, pasta, or cereal. 		_____	<input type="checkbox"/> Y <input type="checkbox"/> N		<p>Be active your way:</p> <p>Adults:</p> <ul style="list-style-type: none"> • Be physically active at least 2 1/2 hours per week. <p>Children 6 to 17 years old:</p> <ul style="list-style-type: none"> • Move at least 60 minutes every day.
 <p>5 ounce equivalents 1 ounce of protein counts as</p> <ul style="list-style-type: none"> • 1 ounce lean meat, poultry, or seafood; or • 1 egg; or • 1 Tbsp peanut butter; or • 1/4 cup cooked beans or peas; or • 1/2 ounce nuts or seeds. 		_____	<input type="checkbox"/> Y <input type="checkbox"/> N		
 <p>3 cups 1 cup of dairy counts as</p> <ul style="list-style-type: none"> • 1 cup milk; or • 1 cup yogurt; or • 1 cup fortified soy beverage; or • 1 1/2 ounces natural cheese or 2 ounces processed cheese. 		_____	<input type="checkbox"/> Y <input type="checkbox"/> N		<ul style="list-style-type: none"> • This 1,800 calorie pattern is only an estimate of your needs. Monitor your body weight and adjust your calories if needed.

Track your MyPlate, MyWins

