



Out with the Pyramid and in with...

## MyPlate

The food pyramid was not easy to apply to everyday life. You may recall a big base of carbs, all the “good stuff” at the top and everything else somewhere in between.

### MyPlate is simple.

Eat more **VEGETABLES** and **FRUIT**

with every meal. Don't be shy...load your plate!

**Remember the DAIRY.** Most of us don't get enough so add low-fat dairy as a good source of calcium and protein.

**I want the WHOLE GRAIN and nothing but the whole grain.** What about those grains that are so ingrained in our heads as the food pyramid foundation? Well, you don't need so many after all. Make sure at least half of your daily grains are whole grains. Like Popcorn. Mmmm.

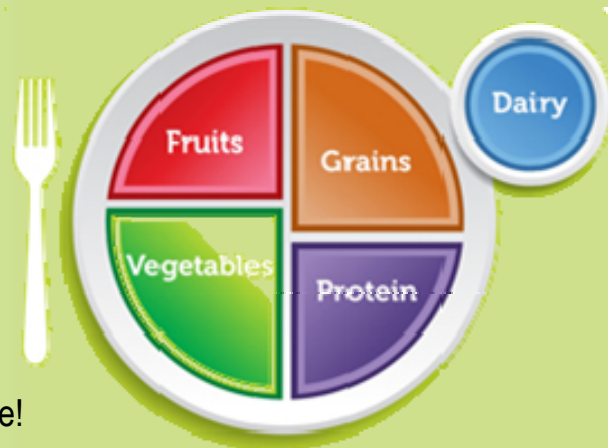
**Choose LEAN PROTEIN** such as lean beef, chicken, seafood or beans to complete your meal.

### A few more tips

- **Balancing Calories.** Start with a smaller plate, container or portion size because most of us tend to finish what is in front of us. Don't supersize. Ever.
- **Limit Sodium Intake to 2,300 mg (or less).** Read labels and compare brands (especially soup, bread and frozen meals). Select the one lowest in sodium.
- **Drink Water instead of sugary drinks.** Even diet drinks should be limited. While the calories may be low, they trigger your sweet tooth (which does not need any encouragement) and are usually loaded with chemicals.
- **Bring MyPlate to the office.** Incorporate fruits, vegetables, whole grains and lean proteins into your meeting and event menu.

**There is no perfect way of eating.** Your personal diet should balance your health goals and activity level. MyPlate gives you an easy place to start.

Visit [MyPlate.gov](http://MyPlate.gov) for more information and tools.



**The Power Of Prevention Is Yours.**

For more information, visit the Well•NS website ([www.nscorp.com/wellns](http://www.nscorp.com/wellns))