

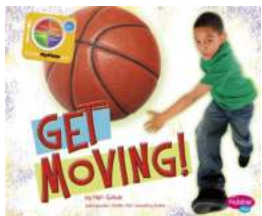
Get Moving: What's on MyPlate?

Are you looking to lead a healthier lifestyle? Do you want to know what's on your plate and how to make the right choices? Look no further – in this article, we will explore the concept of MyPlate, a simple yet effective tool to help you maintain a balanced diet. Get ready to get moving towards a healthier you!

Understanding MyPlate

MyPlate is a visual representation of the five food groups that are important for a well-balanced diet. It was introduced by the U.S. Department of Agriculture to replace the Food Pyramid, making it easier to understand and apply in everyday life. The visual is divided into four sections, each representing a specific food group – fruits, vegetables, grains, and protein – with a smaller circle depicting dairy.

Each food group provides essential nutrients, vitamins, and minerals that are necessary for optimal health. By following MyPlate, you can ensure that you are getting a variety of foods from these groups in appropriate portions, making it easier to maintain a balanced diet.



Get Moving! (What's on MyPlate?)

by Mari Schuh (Kindle Edition)

★★★★★ 5 out of 5

Language : English

File size : 5121 KB

Screen Reader: Supported

Print length : 24 pages



Get Moving with Fruits and Vegetables

The first section on the MyPlate model represents fruits and vegetables. These nutritional powerhouses are packed with vitamins, minerals, and fiber. Consuming a wide variety of colorful fruits and vegetables can help protect against chronic diseases and boost overall wellbeing.

[Click here](#) to discover the top 10 fruits and vegetables that will supercharge your health!

Fueling Your Body with Grains

Grains are an essential source of energy for the body. They provide carbohydrates, fiber, vitamins, and minerals. Whole grains, such as brown rice, whole wheat bread, and oats, are preferred over refined grains as they contain more nutrients and fiber. It's important to include a variety of grains in your diet to reap the nutritional benefits.

Don't miss out on the ultimate guide to selecting and cooking whole grains – [click here](#) to read more!

Powering Up with Protein

Protein is a vital nutrient responsible for building and repairing tissues, producing enzymes, and supporting a healthy immune system. Lean meat, poultry, fish, beans, and nuts are excellent sources of protein. Including a variety of protein-rich foods in your diet is crucial for overall health and wellbeing.

[Discover the top 5 high-protein vegetarian recipes](#) to meet your nutritional needs while enjoying delicious meals!

Boosting Bone Health with Dairy

Dairy products are rich in calcium, which is essential for strong bones and teeth. They also provide other important nutrients like protein and vitamin D. Incorporating low-fat or fat-free dairy options into your diet can help meet your calcium needs, especially for those who are lactose intolerant or have allergies.

Click here to find out the best dairy alternatives for those who cannot consume traditional dairy products!

MyPlate serves as a handy guide to help you make informed choices about what you put on your plate. By incorporating a variety of foods from each food group in appropriate portions, you can meet your nutritional needs and maintain a balanced diet that promotes overall health and wellbeing.

Take control of your health and embrace the power of MyPlate – start incorporating these healthy food choices into your diet today!



Get Moving! (What's on MyPlate?)

by Mari Schuh (Kindle Edition)

★★★★★ 5 out of 5

Language : English

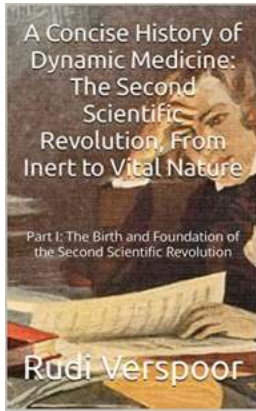
File size : 5121 KB

Screen Reader : Supported

Print length : 24 pages



Exercise is fun, easy, and healthy. Learn about how the MyPlate tool helps kids be active every day.



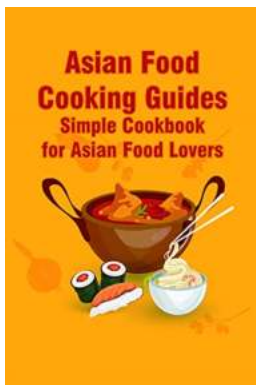
The Birth And Foundation Of The Second Scientific Revolution: A Monumental Shift in History

Throughout history, several scientific revolutions have shaped the way we perceive the world. One of the most significant among them is the Second Scientific Revolution,...



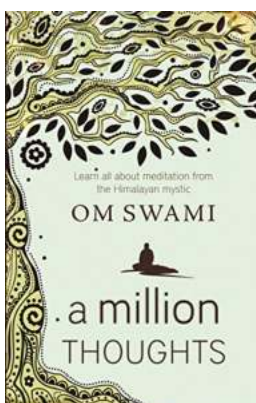
The Coco Wonder True Miracle Of Coconut Oil Disclosed

Coconut oil has gained significant popularity in recent years as a natural remedy for various health conditions and a versatile ingredient in cooking and beauty...



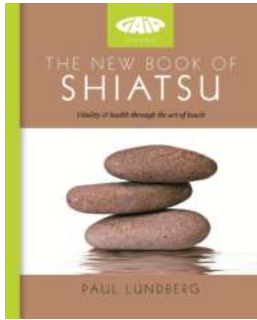
A Collection of Delicious Asian Recipes: Perfect for Food Lovers!

Are you a food lover? Do you enjoy exploring new dishes and flavors from around the world? If so, you certainly have to try out some amazing Asian recipes. The...



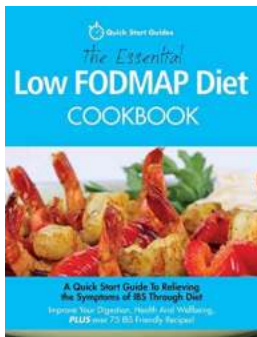
Unlocking the Secrets of Meditation: Wisdom from a Himalayan Mystic

Are you feeling overwhelmed by the stresses of daily life? Struggling to find inner peace and clarity? Look no further - in this article, we will be diving deep into the...



Validity And Health Through The Art Of Touch

In our fast-paced lives, finding ways to enhance vitality and improve overall health has become essential. One ancient practice that has stood...



Quick Start Guide To Relieving The Symptoms Of Ibs Through Diet: Improve Your Gut Health Today!

Are you tired of constantly battling with the uncomfortable symptoms of Irritable Bowel Syndrome (IBS)? Do you want to take control of your gut health and finally find...



From Disease Disorder To Balance Wellness: Transforming Young Clients' Lives

Adolescence is a critical period in human development, filled with tremendous changes physically, mentally, and emotionally. Unfortunately, many young individuals today are...



The Birth Of Italian Winemaking In California: Nation Of Nations 21

California, considered the wine capital of the United States, has a deeply rooted history in winemaking influenced by various immigrant communities. Italian...

get moving synonym

get moving song

get move synonym

moving get scared

make moving stickers whatsapp

make moving sand art

make moving sticker

get moving scooter

get moving songs

get moving scooter manual