

Activity

Patterns for Life

The USDA's Dietary Guidelines for 2015-2020 are designed to help establish healthy eating patterns that, over time, help maintain good health and prevent disease. You can upgrade your diet by pairing favorite foods with more nutrient-dense foods to make healthier combinations. Staying physically active helps "seal the deal" for better health over time!

Tips for Healthy Eating Patterns

Your eating pattern represents what you normally eat based on your personal, cultural, and traditional preferences as well as your family's budget. To make your eating pattern healthier:

- Eat a variety of foods that contain high-quality nutrients in relation to the amount of calories they contain.
- Upgrade food favorites by pairing them with nutrient-dense options and shift to healthier food and beverage choices over time.
- Keep portion sizes in check by eating recommended amounts.
- Cut back on foods and beverages with added sugars and saturated fats, as well as those high in sodium.

"Start Simple" with MyPlate

Success in achieving healthier eating patterns comes by taking small steps within your normal routine. Try it out! Review the scenarios below, choose your preferred option, and write in the nutrient(s) your choice will add and why you chose it. Check out choosemyplate.gov for nutrition information.

Breakfast Scenario

You need a quick breakfast to be on time for school, so you reach for a **cereal bar**.

Nutrient Upgrade Options

- 8-ounce glass of lowfat milk
- Slice of whole-grain toast
- Apple

Option/Nutrients added: _____

I chose this option because _____



Lunch Scenario

Your team just won a tough game. Everyone is starving, and you all head across the street for a quick **pork taco**.

Nutrient Upgrade Options

- Ask for veggies with the taco.
- Skip the tortilla chips and ask for fruit.
- Skip the soda and go for chocolate milk.

Option/Nutrients added: _____

I chose this option because _____



Dinner Winners

Using MyPlate for meal planning is a great way to visualize building a balanced meal that supports healthy eating patterns. Plan and record a meal featuring lean pork as the protein on the MyPlate activity sheet. Lean cuts like pork chops and tenderloin are rich in nutrients and low in fat and cholesterol. Be sure to follow food safety rules and cook pork chops, roasts, and tenderloin to an internal temperature of between 145°F (medium rare) and 160°F (medium), followed by a 3-minute rest.



Go with Lean Protein—Pick Pork

Choose **MyPlate**.gov

