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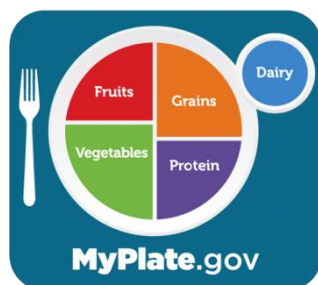
June 2022

Get Healthy with MyPlate!

Social media and television constantly have advertisements that highlight 'nutrition gurus' or sell magic pills for better health. It can be overwhelming trying to decide what advice to follow; however, finding accurate information can be easier if you focus on trusted sources with information based on scientific research. One trusted source for nutrition and physical activity recommendations is MyPlate.gov.

What is MyPlate?

To help Americans achieve better health, the U.S. Department of Agriculture created MyPlate which is a tool used to teach Americans about dietary recommendations and healthy eating. MyPlate is represented by a colorful plate that is divided into the five food groups.



What are MyPlate recommendations?

General food group recommendations for people 14 years of age and older eating 2,000 calories a day are:

- **2 cups fruit:** Focus on fruits that are fresh, frozen, canned, 100% juice, or dried.
- **2½ cups vegetables:** Choose from fresh, frozen, and canned vegetables. Include colorful varieties like dark green, red, and orange vegetables.

- **6 ounces grains:** Make half your grains whole grains. Find whole-grain foods by looking at the product's ingredients list.
- **5½ ounces protein:** Protein foods include seafood; beans, peas, and lentils; unsalted nuts and seeds; soy products; eggs; and lean meats, and poultry.
- **3 cups dairy:** Choose low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions).

What else is recommended?

Choose foods and beverages with less added sugars, saturated fat, and sodium. Try to limit:

- **Added sugars** to less than 50 grams a day.
- **Saturated fat** to less than 22 grams a day.
- **Sodium** to less than 2,300 milligrams a day

Adults should try to do 150 to 300 minutes a week of moderate-intensity aerobic activity and at least two days a week of muscle-strengthening activities. Children and adolescents should do 60 minutes or more of moderate-to-vigorous physical activity daily, and at least three days a week should include muscle-strengthening activities.

Where can I find more information?

Visit MyPlate.gov to find individualized food plans, goal setting and tracking resources, delicious recipes, food budgeting tips, and many more nutrition resources. Remember that small daily changes lead to habits, and healthy habits lead to long term health!

Written by Ingrid Macias, Extension Agent - Better Living for Texans
Content Source: <https://www.myplate.gov/myplate-plan/results/2000-calories-ages-14-plus>
Photo Source: <https://www.myplate.gov/resources/graphics/myplate-graphics>

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.
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Below are upcoming Better Living for Texans programs at a community center near you!

Precinct 2 Ripley House, 4410 Navigation Blvd., Houston: ***Growing and Nourishing Healthy Communities*** adult garden program starts June 21st!

Precinct 2 Baker Ripley East Aldine Campus, 3000 Aldine Mail Route Rd, Houston: ***Growing and Nourishing Healthy Communities*** adult garden program starts June 22nd!

Precinct 1 Love Community Center, 1000 W 12th St., Houston: youth ***Walk n Talk*** starts June 22nd!

Precinct 2 Maxwell Adult Center, 1201 Center Street, Deer Park: adult ***Walk n Talk*** starts July 7th!

Precinct 2 Houston Community College Northline Campus, 8001 Fulton St. Houston: ***Growing and Nourishing Healthy Communities*** adult garden program starts July 21st!

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In Harris County your BLT Extension agents are found at
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BLT programs are FREE and are designed & funded to be delivered to SNAP-eligible audiences. We offer adult and youth programs.

Get the Facts (Obtenga los Datos) is a 4-session series to help participants learn how to use the Nutrition Facts label to make healthy food choices when shopping. Special emphasis is given on sodium, fats, added sugars, and portion size. Free item at every session!



A Fresh Start to a Healthier You! (¡El primer paso hacia una vida más sana!) is a 4-session series for adults to increase fruit & vegetable intake, cook nutritious meals, adopt better food safety habits, and spend less on groceries. Free item at every session!

Be Well, Live Well (Estar bien, Vivir Bien) is a 5-session series. Adults 50+ will learn how to reduce disease risk and engage in a healthy lifestyle while aging, by learning which nutrients to focus on, food label reading, kitchen safety, meal planning for small households, and the benefits of physical activity while aging. Free item at every session!



Growing and Nourishing Healthy Communities (Creciendo y Nutriéndose Curso de Horticultura para Comunidades Saludables) is a six-session series to learn basic garden techniques such as how to select a garden location, how to compost, plant and water, and control insects. Participants will do a hands-on planting activity and receive free garden items!

Healthy Carbohydrates is a 4-week series that teaches participants to choose healthy types and portions of carbohydrates to help decrease chronic disease risk. Free item at every session!

Walk 'n Talk is an 8-week series in which participants learn how to use walking or other activity for fitness and how to include more fruits & vegetables in their daily routine. Free item at every session!



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Recipe of the Month

Recipe and photo source: MyPlate Kitchen, <https://www.myplate.gov/myplate-kitchen>

Avocado and Corn Salsa

The avocado and corn are given a flavor boost with the fresh cilantro and lime. Try this salsa with baked chicken for an easy weekday meal.

Serves: 5

Ingredients:

- 1 diced avocado
- $\frac{3}{4}$ cup frozen corn kernels, thawed
- $\frac{1}{2}$ cup grape tomatoes, quartered
- 1 tablespoon cilantro, chopped
- 2 teaspoon lime juice
- $\frac{1}{4}$ teaspoon salt

Directions:

1. Toss avocado, corn, tomatoes, cilantro, lime juice and salt in a medium bowl.
2. Chill one hour and then serve.



Nutrients Per Serving: 67 calories, 4 g total fat, 1 g saturated fat, 0 mg cholesterol, 119 mg sodium, 8 g carbohydrates, 3 g fiber, 1 g total sugar, 0 g added sugar, and 1 g protein

Total Cost: \$\$\$\$



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