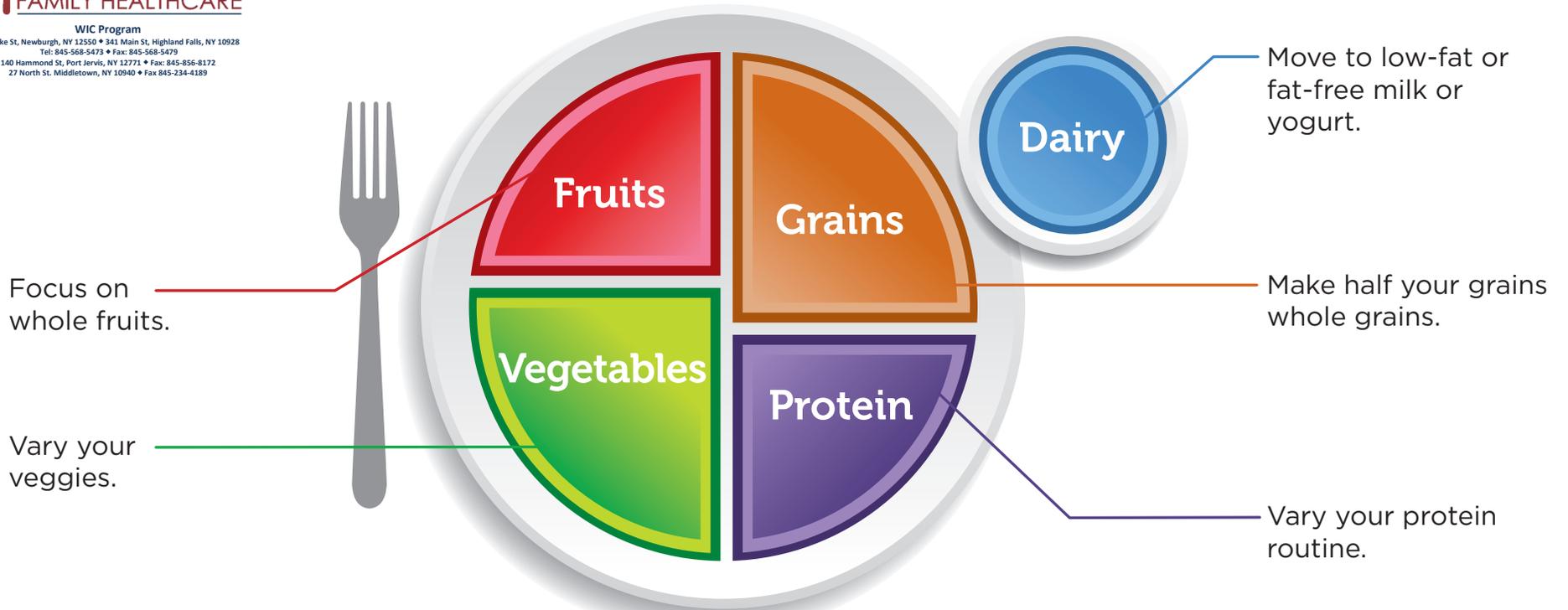


# MyPlate, MyWins: Make it yours

Find your healthy eating style. Everything you eat and drink over time matters and can help you be healthier now and in the future.



WIC Program  
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Choose **MyPlate.gov**



### Limit

#### Limit the extras.

Drink and eat beverages and food with less sodium, saturated fat, and added sugars.



### MyWins

#### Create 'MyWins' that fit your healthy eating style.

Start with small changes that you can enjoy, like having an extra piece of fruit today.



Focus on whole fruits and select 100% fruit juice when choosing juices.

Buy fruits that are dried, frozen, canned, or fresh, so that you can always have a supply on hand.

Eat a variety of vegetables and add them to mixed dishes like casseroles, sandwiches, and wraps.

Fresh, frozen, and canned count, too. Look for “reduced sodium” or “no-salt-added” on the label.

Choose whole-grain versions of common foods such as bread, pasta, and tortillas.

Not sure if it’s whole grain? Check the ingredients list for the words “whole” or “whole grain.”

Choose low-fat (1%) or fat-free (skim) dairy. Get the same amount of calcium and other nutrients as whole milk, but with less saturated fat and calories.

Lactose intolerant? Try lactose-free milk or a fortified soy beverage.

Eat a variety of protein foods such as beans, soy, seafood, lean meats, poultry, and unsalted nuts and seeds.

Select seafood twice a week. Choose lean cuts of meat and ground beef that is at least 93% lean.

### Daily Food Group Targets — Based on a 2,000 Calorie Plan

Visit [SuperTracker.usda.gov](http://SuperTracker.usda.gov) for a personalized plan.

#### 2 cups

1 cup counts as:

- 1 large banana
- 1 cup mandarin oranges
- ½ cup raisins
- 1 cup 100% grapefruit juice

#### 2½ cups

1 cup counts as:

- 2 cups raw spinach
- 1 large bell pepper
- 1 cup baby carrots
- 1 cup green peas
- 1 cup mushrooms

#### 6 ounces

1 ounce counts as:

- 1 slice of bread
- ½ cup cooked oatmeal
- 1 small tortilla
- ½ cup cooked brown rice
- ½ cup cooked grits

#### 3 cups

1 cup counts as:

- 1 cup milk
- 1 cup yogurt
- 2 ounces processed cheese

#### 5½ ounces

1 ounce counts as:

- 1 ounce tuna fish
- ¼ cup cooked beans
- 1 Tbsp peanut butter
- 1 egg

#### Water



#### Drink water instead of sugary drinks.

Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed.

#### Activity



#### Don't forget physical activity!

Being active can help you prevent disease and manage your weight.

Kids ≥ 60 min/day

Adults ≥ 150 min/week



## MyPlate, MyWins

Healthy Eating Solutions for Everyday Life  
Choose [MyPlate.gov/MyWins](http://MyPlate.gov/MyWins)

Center for Nutrition Policy and Promotion  
May 2016  
CNPP-29

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# Rethink Your Child's Drink

Healthy eating includes all foods and beverages. Many beverages contain added sugar and have no nutritional value. Before you serve your child a beverage, stop and think if it's healthy, is it the right portion size, and will it affect your child's appetite at their next meal

## Recommended amounts of beverages

Age	Water 	Milk 	Juice 	Sugar sweetened Drinks 
Younger than 12 months	2-4 oz. water per day	Breastmilk or Formula Only	None	None
1-3 years	3- ½ cup servings per day**	2 ½ cups per day	No more than ½ cup per day	None
4-5 years	4- ½ cup. servings per day**	2 ½ cups per day	No More than ½-¾ cups per day	None

\*\* The amount of water your child needs to prevent dehydration will depend on activity level and weight. If your child is playing outside, offer sips of water frequently.

Try making your own fun fruity water as a tasty option...

### Grape Orange Water

- Place 2 cups of grapes, cut in quarters into a gallon size glass jar of water.
- Add one orange, thinly sliced with rind on.
- Refrigerate overnight for best flavor.



Drinking sugar sweetened beverages and more than the recommended amount of juice can cause:

- Tooth decay,
- Excessive weight gain, and/or
- Poor nutrition because your child may not eat enough at mealtimes.

Prevent your child from drinking too much by:

- Serving fruit instead of juice,
- Measuring ½ cup and using a regular cup,
- Having your child sit at the table to drink a beverage. Never allow your child to walk around with a sippy cup or bottle.



# The Nutrition Facts Label

## Look for It and Use It!

Information you need to make healthy choices throughout your day



Found on food and beverage packages



Use it to compare and choose foods!



**Check the serving size and servings per container.** The nutrition information listed on the Nutrition Facts label is usually based on one serving of the food.

**Packages can—and often do—contain more than one serving!** If you eat multiple servings, you're getting "multiples" on calories and nutrients, too.

**2SERVINGS=CALORIES&NUTRIENTSX2**

Calories from food provide the energy your body needs to function and grow. **Balance the number of calories you eat and drink with the number of calories you burn during physical activity.** Curious about calorie needs? Check out [www.choosemyplate.gov/MyPlatePlan](http://www.choosemyplate.gov/MyPlatePlan).



**TIP: 100 calories** per serving of an individual food is considered a **moderate** amount and **400 calories** or more per serving of an individual food is considered **high** in calories.

**Size up Servings**

**Consider the Calories**

**Use %DV**

% Daily Value (%DV) is the percentage of the Daily Value (reference amounts of nutrients to consume or not to exceed each day for adults and children 4 years of age and older) and shows how much a nutrient in a serving of the food contributes to a total daily diet. **Use %DV to see how a food's nutrients stack up and choose foods that are higher in nutrients to get more of and lower in nutrients to get less of.**

**TIP: 5% DV** or less per serving is **low** and **20% DV** or more per serving is **high**

**Choose Nutrients Wisely**

**Nutrients To Get More Of**

Compare and choose foods to get **100% DV** of these on most days:

- Dietary Fiber
- Iron
- Vitamin D
- Potassium
- Calcium

**Nutrients To Get Less Of**

Compare and choose foods to get **less than 100% DV** of these each day:

- Saturated Fat
- Sodium
- Added Sugars
- *Trans* Fat (Note: *Trans* fat has no %DV, so use grams as a guide)

**Eat a variety of foods to get the nutrients your body needs, including:**

- Fruits and vegetables
- Lean meats and poultry
- Beans and peas
- Whole grains
- Eggs
- Soy products
- Dairy products
- Seafood
- Unsalted nuts and seeds

Nutrition Facts	
4 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
<b>Calories</b>	<b>240</b>
% Daily Value*	
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 1.5g	<b>8%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 430mg	<b>19%</b>
<b>Total Carbohydrate</b> 46g	<b>17%</b>
Dietary Fiber 7g	<b>25%</b>
Total Sugars 4g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**CORNERSTONE**  
FAMILY HEALTHCARE

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**Nutrition Facts**  
**Read the Label**

Revised: October 2018

[www.fda.gov/nutritioneducation](http://www.fda.gov/nutritioneducation)



**FDA**

# Easy Ways to... Understand Signs of Hunger and Fullness



## Do...

- ✓ Eat at a table.
- ✓ Start with small servings.
- ✓ Chew slowly. It takes 20 minutes to know that you are full.
- ✓ Pay attention to how you feel and try to stop eating before you feel full.
- ✓ Enjoy your meals!

## Don't...

- ✗ Eat standing up.
- ✗ Overfill your plate.
- ✗ Eat too fast.
- ✗ Skip meals. This makes you more likely to overeat at the next meal.
- ✗ Eat in front of a screen.

For healthy eating tips, like Eat Healthy, Be Active NYC on Facebook at [facebook.com/eatinghealthynyc](https://www.facebook.com/eatinghealthynyc).

For more information about Stellar Farmers Markets, visit [nyc.gov](https://www.nyc.gov) and search for **farmers markets**.

For healthy recipes, visit [jsyfruitveggies.org](https://www.jsyfruitveggies.org).

This material was funded by United States Department of Agriculture's (USDA) Supplemental Assistance Program (SNAP). SNAP, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. To find out more, contact 800-342-3009 or go to [myBenefits.ny.gov](https://www.myBenefits.ny.gov). USDA is an equal opportunity provider and employer. In accordance with Federal law and USDA policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call 202-720-5964 (voice and TDD).



Just Say Yes to Fruits and Vegetables