



NEWS BULLETIN

SUFFOLK COUNTY DEPARTMENT of CIVIL SERVICE OFFICE OF PUBLIC INFORMATION

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For Your Information from...**OFFICE OF HEALTH EDUCATION**, SUFFOLK COUNTY DEPARTMENT OF HEALTH SERVICES
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Choose**MyPlate**

Have you Heard?...the food pyramid has been replaced with ChooseMyPlate. MyPlate is part of a larger initiative based on *2010 Dietary Guidelines for Americans* to help consumers make better food choices. MyPlate illustrates the five food groups using a familiar mealtime visual, a place setting. It is designed to remind Americans to eat smarter. You will find suggestions here and much more on the website that can help you get started toward improving your diet.

The **BASIC FOOD GROUPS** are: **Grains**, **Vegetables**, **Fruits**, **Dairy**, and **Protein**. Simple things you can do as you move toward a 'Healthier you'

Balance Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

Foods to Increase

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals – and choose the foods with lower numbers.
- Sugary drinks – opt for water.

Some Tips to help you:

- Focus on fruit
- Get your calcium rich foods
- Go lean with protein
- Find your balance between food and physical activity
- Keep food safe to eat

For more information go to www.ChooseMyPlate.gov

ATTN: Professionals: (especially those working with our youth)

Check out the **MyPlate** website - you'll find interactive tools including information on items such as:

- **Daily Food Planner** for yourself or preschoolers
- **My Foodpedia** - Quick access to food info – food groups, calories & comparisons
- **Food Tracker** - Feedback on your food and physical activity

Menu Planner, Related Links, Recipes, Coloring Sheet – all accessible with the click of your mouse!

Tis' the season for **fresh fruits and vegetables** - visit one of the local farmers' markets.

Call the County's Public Information Office at (631) 853-4402 for a list.

CHOOSE A CHANGE THAT YOU CAN MAKE TODAY, AND MOVE TOWARD A HEALTHIER YOU!