
Module – Choose MyPlate

Time:

15 - 30 minutes

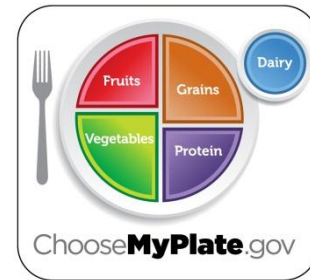
WIC Status:

Any Status

Learning Objectives:

Participants will:

1. Identify the five food groups.
2. Understand how MyPlate serves as a reminder of how to make healthy meal choices.

**Handouts and Materials:**

- Handouts:
 - Kentucky Infant Feeding Guide Four to Eight Months
 - Kentucky Infant Feeding Guide Eight to Twelve Months
 - USDA 10 tips Nutrition Education Series
 - “Choose MyPlate” DG Tip Sheet No. 1, June 2011
- Poster:
 - MyPlate Poster (Optional)
- Visual Aids:
 - MyPlate 8 inch plate
 - 10 inch dinner plate (Optional)
 - Food models (Optional)

Facilitating WIC Discussion Group Concepts:

- Providing participants with a more meaningful nutrition education experience that involves interactive learning.
- As the certifying health professional, you will be the facilitator and moderate a group conversation-style discussion.
- Encourage all participants to participate but recognize that some participants may prefer not to speak in a group setting. If the participant cannot answer, chooses not to answer, or has a negative response, you may respond with a statement such as “Trying something new is not always easy.”
- It is important to establish “ground rules” for the group. For example:
 - Set the time, agenda, and the length of session
 - Establish rules on confidentiality and sharing of group responsibilities.
 - Clarify procedural issues, especially listening to, respecting ideas or comments and allowing time and opportunity for others in the group to share.

Outline – Choose MyPlate

Icebreaker:

Have each participant introduce themselves and give the ages of their children and/or due date. (Optional)

Facilitated Discussion Topic Opening Questions:

Ask one of the following questions to facilitate discussion:

- *What have you heard about “MyPlate”?*
- *Why is it important to eat a variety of foods from different food groups?*

Discussion Topics:

Open the discussion by introducing the MyPlate graphic (may refer to poster, plate or USDA Choose MyPlate tip sheet) and identify all five food groups represented.

- Fruit, vegetable, whole grain, protein, dairy

Explain that the MyPlate graphic can be used to help build a healthy plate at each meal.

- ½ of the plate fruit and vegetable
- ¼ whole grains
- ¼ protein
- Dairy with each meal

Discuss plate size:

- The plate size in the MyPlate dinner plate (visual aid) is an 8” plate.
 - Show the 8” MyPlate dinner plate compared to a large dinner plate (10”). (Optional)
 - Using a smaller plate at home (or when eating out) can help with portion control.

Discuss and give examples of each food group:

- **Fruit and Vegetable:** (If available, pass around food models of fruits/vegetables and indicate that each food model is a single serving.)
 - Vegetables and fruits are full of nutrients and may help to promote good health.
 - Choose red, orange, and dark green vegetables such as tomatoes, sweet potatoes, and broccoli.
 - Add vegetables such as sautéed onions, peas, pinto beans, or tomatoes into your favorite dish for extra flavor.
 - Add fruit to meals as a main component or as a dessert.
 - Prevent choking by not serving small, hard pieces of food to children less than four years of age.

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- For infants, when introducing fruits and vegetables, begin with single ingredient pureed infant fruit or vegetable (no combinations or desserts) such as plain peas. These can be offered at about 6 months of age depending on your infant's development. Continue to offer a variety of fruits and vegetables as your infant grows. It may take more than one try before your infant accepts a new fruit or vegetable. It can take 8-10 tries before an infant accepts a new food.
 - **Whole Grains:** (If available, pass around food models of whole grains and indicate each food model is a single serving.)
 - Aim for at least half of your daily grain intake from whole grains.
 - Choose products that name a whole- grain ingredient **first** on the list. Look for words such as “whole wheat”, “bulgur,” “buckwheat,” “oatmeal,” “whole-grain cornmeal,” “whole oats,” or “whole rye” on the label.
 - Whole grains provide more fiber and nutrients.
 - Use the Nutrition Facts label to check the fiber content of whole-grain foods. Good sources of fiber contain 10% to 19% of the Daily Value; excellent sources contain 20% or more.
 - For infants, when introducing infant cereals, begin with single grain such as rice or oatmeal mixed with breast milk or formula at around 6 months of age. Delay wheat until 8 months or older. Delay mixed grains until after infant has tried each individual grain.
 - **Protein:** (If available, pass around food models of protein sources and indicate each food model is a single serving.)
 - Discuss appropriate portion sizes of meats for children (2-4 oz/day) and adults (6 oz/day).
 - Choose lean beef, pork, turkey, chicken, beans, or tofu.
 - Choose cooking methods such as grilling, broiling, roasting, or baking that do not add extra fat.
 - Twice a week, make seafood the protein on your plate—limit the deep fried seafood.
 - Fish recommendations for pregnancy and for children:
 - Fish is an important part of a healthy diet. It provides high quality protein, omega 3's (heart healthy fat) and is low in saturated fat.
 - ◇ Eat up to 12 oz. per week of fish or shellfish of low mercury content.
 - Examples include: shrimp, canned light tuna, salmon, pollock, and catfish.
 - Albacore ("white") tuna has more mercury than canned light tuna. When choosing your two meals of fish and shellfish, you may eat up to 6 ounces (one average meal) of albacore tuna per week.
 - Use caution when consuming the following fish due to high mercury content.
 - ◇ Shark, Swordfish, King Mackerel, or Tilefish
 - Prevent choking by not serving small, hard pieces of food to children less than four years of age.

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- After your infant has been on cereal for 1-2 weeks, try 1-2 teaspoons of plain baby food meats/pureed meats. Offer 1 new meat at a time. Bacon and lunch meat are not healthy choices for your infant and may cause choking. Eggs are not recommended until age 1. Baby food meat dinners are only flavored with meat and do not provide enough protein or iron for your growing infant.
 - **Dairy:** (If available, pass around food models of dairy and indicate each food model is a single serving.)
 - Include a cup of yogurt or milk with your meal.
 - Adults need 3 (8 oz) servings/day; children need 3 to 4 (6 oz) servings/day.
 - Recommended children ages 1-2 years consume whole milk and dairy.
 - Recommended 2 years of age and older consume low fat milk and dairy. Children under the age of 2 years need fat for brain development and should be offered whole milk.
 - Do not introduce cow's milk until age 1. You may continue breastfeeding as long as mom and baby want.
 - Choose 1% or skim milk, low fat yogurt or cheese.
 - Low fat milk provides the same amounts of calcium and vitamin D as whole milk with less fat and calories.

Summary:

Use "MyPlate" to build a "healthy plate" at each meal with ½ of your plate fruits and vegetables, ¼ whole grain, ¼ protein and dairy with each meal.

Closing Activity/Questions:

Ask one of the following questions to conclude today's discussion.

- *What did you find most interesting about today's topic?*
- *Is there something new you may try?*
- *Was there something you heard today that you haven't heard before?*

References:

- www.Choosemyplate.gov
- <http://www.fda.gov/food/foodborneillnesscontaminants/metals/ucm351781.htm>

Resources:

- The following materials may be ordered from the pamphlet library or accessed at the Kentucky Cabinet of Health and Family Services Nutrition Services Branch Nutrition Education Materials website
<http://chfs.ky.gov/dph/mch/ns/Nutrition+Education+Materials.htm> or direct links:
 - Kentucky Infant Feeding Guide Four to Eight Months
<http://chfs.ky.gov/NR/rdonlyres/E89EC653-4FEA-46BE-88D7-65AADE90830B/0/48moKYInfantFdgGuiderev2009.pdf>
 - Kentucky Infant Feeding Guide Eight to Twelve Months
<http://chfs.ky.gov/NR/rdonlyres/ABB9B703-D890-4BEE-BB86-CD95951F5577/0/912moKYInfantFeedingGuiderev2009.pdf>

Resources Continued:

- The USDA 10 tips Nutrition Education Series, “Choose MyPlate” DG Tip Sheet No. 1, June 2011 may be found at: <http://origin-www.choosemyplate.gov/healthy-eating-tips/ten-tips.html> or direct link <http://origin-www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet1ChooseMyPlate.pdf>
- MyPlate 8 inch dinner plate may be found at: http://freshbaby.com/buy_our_products/product.cfm?item=4%2Dsection%2Dmyplate
- Food models may be found at: <http://www.enasco.com/c/nutrition/Life%26%2347%3Bform%26%23174%3B%20Replicas/?&page=2>