

FROM MyPYRAMID TO MyPLATE

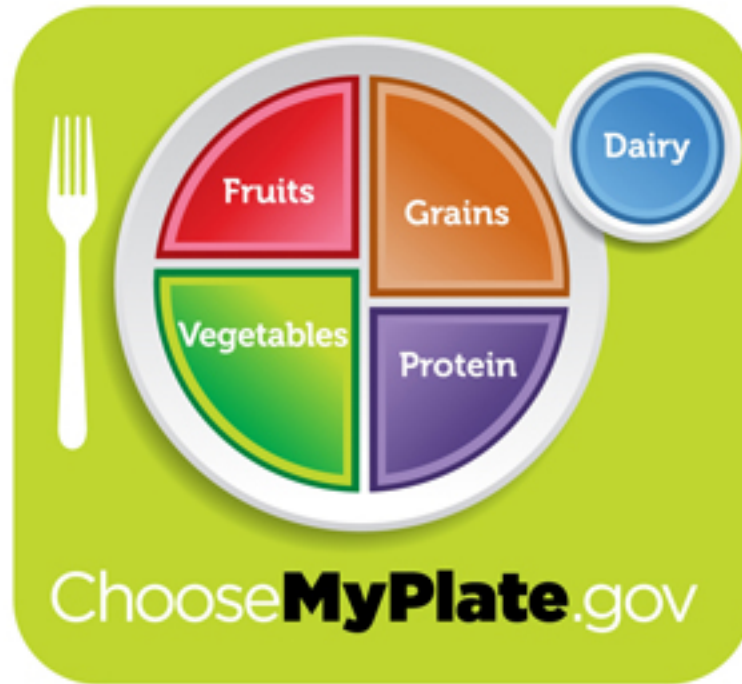
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THEN



NOW!



WHAT WE DO WRONG?

- Upload calories
- Rush through meals
- Don't preplan
- Go for the \$ value over the health value
- Don't spend time in the kitchen
- Hands-off eating
- Shortchange our bodies

WHAT CAN EATING DO FOR ME?

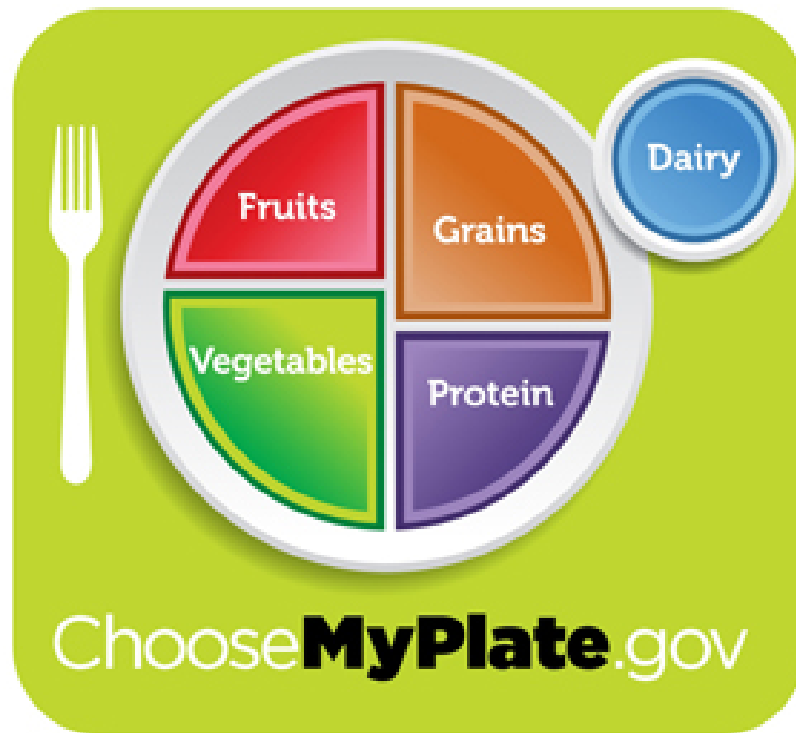
- Better energy levels
- Healthier aging
- Fuel to move
- Nutrition Rx for disease management/prevention
- Is something we control!

WHAT IS THE IDEAL EATING PLAN?

- Equal attention paid to:
 - Food (type, amounts)
 - Eating habits (how often, rate of eating, consistency)
 - Physical activity– energy output- what you burn through daily activities + exercise

Most important components of diet

- PROTEIN
- FRUITS/VEGETABLES
- GRAINS
- FAT
- FLUID



WHAT DOES THIS MEAN?

- Visual
- Utensils
- Composition
- Eating behaviors

TIMING

- **HOW** and **WHEN** one eats are as important as **WHAT** one consumes

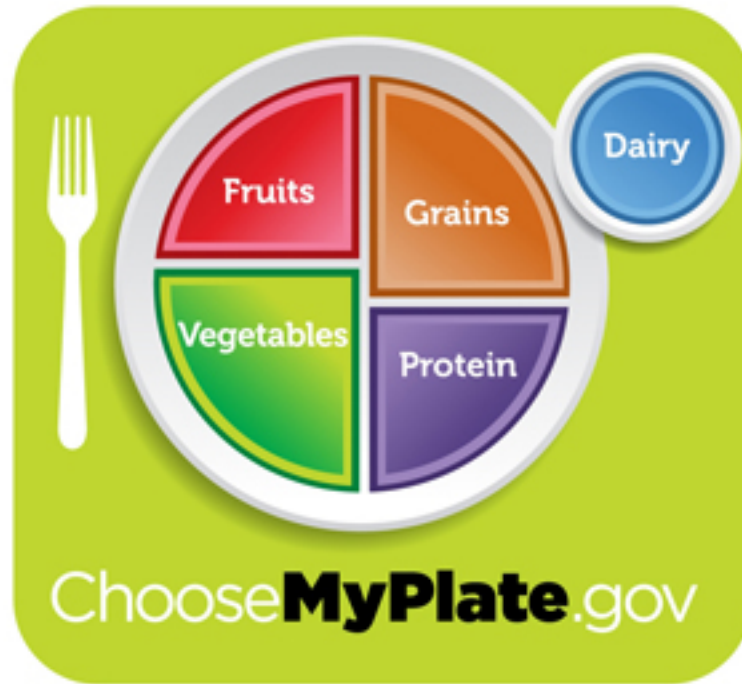
QUANTITY

- In general, **LESS IS MORE**
- Dietary Guidelines 2011 recommend cutting back to “right size” portions

S-L-O-W DOWN

- SIT to eat
- Use utensils
- CHEW

BEVERAGES



FLUID

- Dairy is what is represented on MyPlate
 - Dual duty: fluid + nutritional value
- Fluid: 11-16 cups or 90-125 ounces/day
 - Includes water, milk, juice, soup, coffee, tea
 - Think beyond the glass
 - Gradual increases in fluid

CHANGE THE BEVERAGES

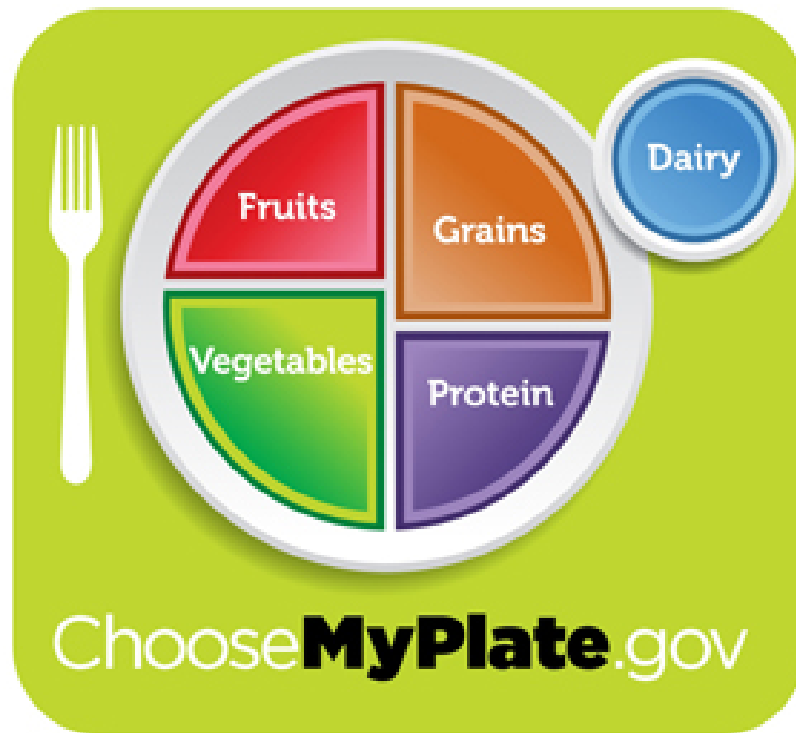
- Ditch the bottled water, buy a reusable bottle- plastic or stainless steel
- Make your own coffee/Brew your own tea
- Cut back on:
 - Soda
 - fruit punch
 - Alcohol
 - Energy drinks

SCHOOL BEVERAGES

- Chocolate milk
- Juices
- Carbonated beverages
- Water
- Sports Drinks
- What about active kids?

PROTEIN

- Protein recommendations
 - Protein: 0.5-0.7 gm/pound body weight to 1 gm /pound body weight MAXIMUM
 - (15-25% of total daily calories)
 - At least 60-70 grams per day



Protein issues

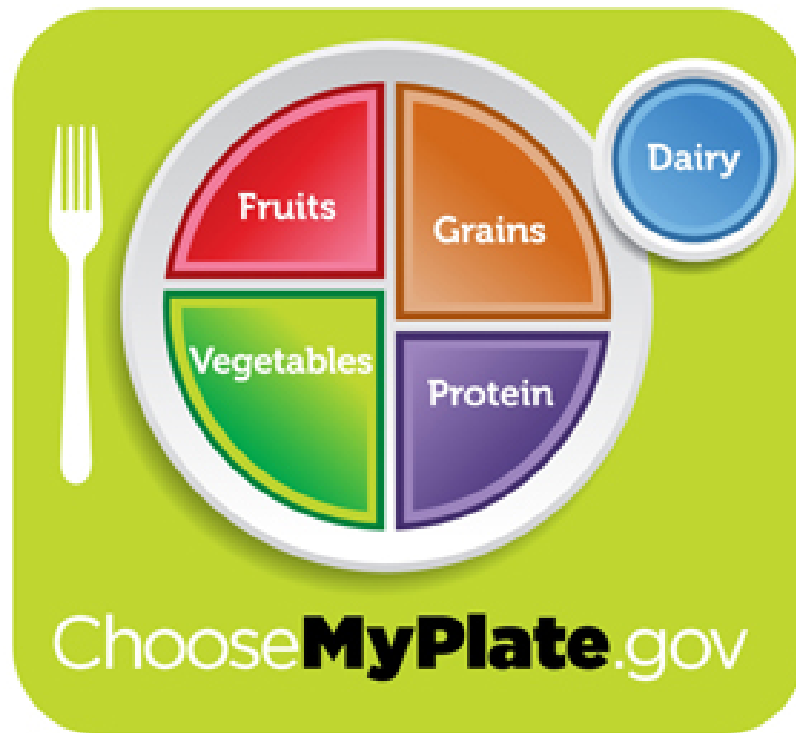
- Cost
- Preparation
- Knowledge
- Plant based sources

PROTEIN SOURCES

- Fish/shellfish
- Poultry
- Red meat
- Eggs
- Dairy foods
- Soy foods
- Dried beans and peas
- Nuts and nut butters

CARBOHYDRATE GUIDELINES

- Be selective
- Opt for higher fiber carbohydrates
- Don't be misled by low carb craze!
- Fruits and vegetables are Carbohydrates!
- Carbohydrate not < 130 gm/day (45-65% of total daily calories)
- Fiber: range of 21-38 grams per day



Carbohydrate Issues

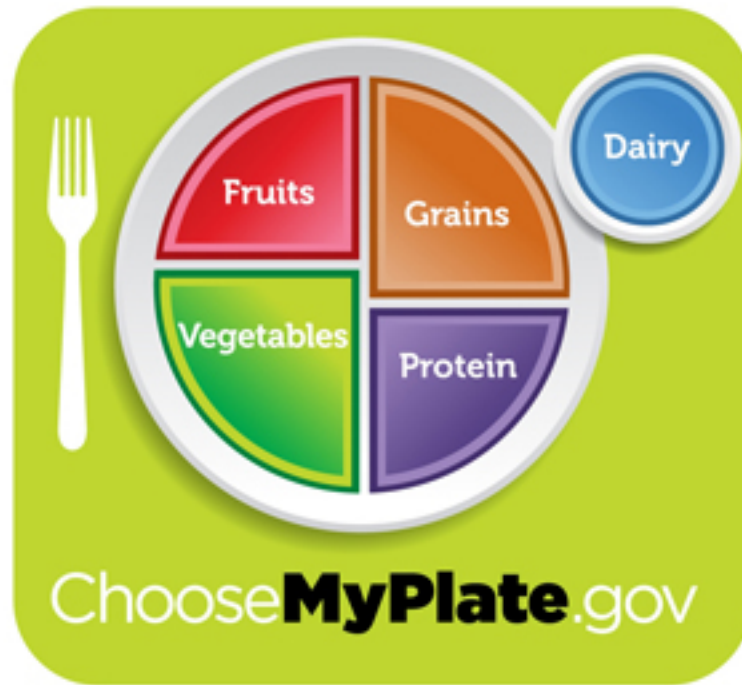
- $\frac{3}{4}$ of MyPlate
- Misinformation
- How to implement
- Nutrient-rich carbohydrate foods/beverages

CARBOHYDRATE FOODS

- Bread, bagels (whole grain preferable)
- Pasta/rice (whole grain options)
- Cereals (whole grain preferable)
- Crackers/pretzels- LESS
- Baked goods- LESS
- Fruits/vegetables- MORE
- Beverages and sweets- LESS

RECOMMENDATIONS FOR FAT INTAKE

- The goal is not to eliminate fat
- The type of fat used DOES matter!
- Fat: 20-35% of total daily calories with more omega-3 fats such as fish, flaxseed, canola instead of omega-6 fats such as soybean, sunflower and corn oils/margarines
- Monounsaturated fat sources as well



Choose **MyPlate**.gov

Fat Issues

- Not a separate quadrant on MyPlate
- Consumer confusion
- Fat = Bad?
- Type of fat

FAT CONTAINING FOODS

- Oils
- Margarine/butter- LESS
- Mayonnaise
- Salad dressings
- Nuts/nut butters
- Bacon/sausage- LESS
- Olives

SODIUM

- Dietary Guidelines for Americans 2011 recommend < 2300 mg/day
- Perhaps we should be emphasizing what TO DO, i.e. not just less sodium but MORE potassium through fruits/vegetables/low or non-fat dairy foods

BUILD A HEALTHY PLATE

- Make half your plate fruits and vegetables
 - Red, orange, dark green vegetables
 - Fruit, veggies, unsalted nuts as snacks
- Switch to skim or 1% milk
- Make at least half your grains whole
- Vary your protein choices
 - Increase seafood
 - Eat beans
 - Be aware of serving sizes of meat and poultry

CUT BACK ON SOFAs

- Be smart with beverages and foods to limit sugar
- Be salt savvy in foods you buy
- Eat fewer food that are high in solid fats
- Look at food labels

EAT YOUR RIGHT AMOUNT OF CALORIES

- Enjoy your food but eat less
- Cook more at home
- When eating out, be careful with food choices
- Write down what you eat
- Watch alcohol intake

MOVE MORE

- Pick activities you like
- Start with what you CAN do- at least 10 minutes at a time
- Be a role model for kids

CONTACT INFORMATION

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