

From the Nutritionist

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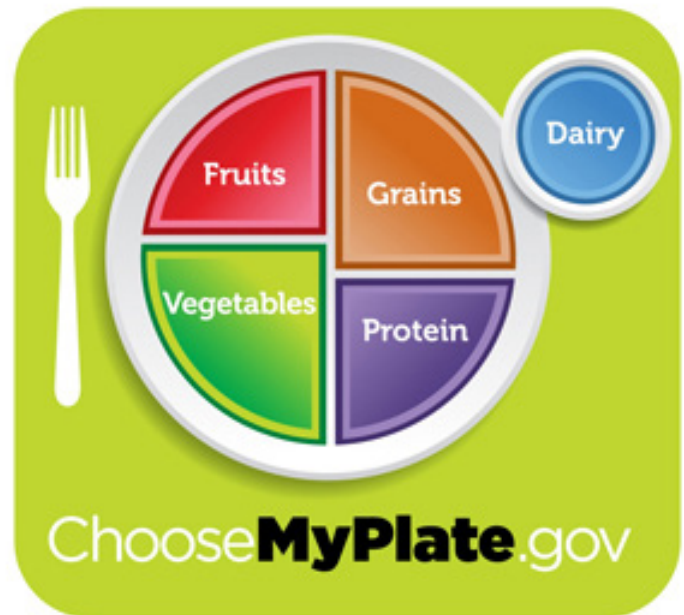
We eat from plates every day. But did you know that a plate can be one of the best tools for helping you eat right? The USDA's MyPlate symbol can show you a simple way to make healthy choices each day. Learn how to use your plate as a guide to a balanced diet.

For most meals, balance your plate with foods from all the food groups:

- Make half your plate fruits and vegetables — most Americans don't eat enough of these foods loaded with vitamins, minerals and fiber. Aim for lots of different colors of fruits and veggies for the best nutrition.
- Fill one quarter of your plate with grains — and aim to make at least half of your grains whole. Whole grains like brown rice, whole wheat pasta, oat-

meal, quinoa and whole grain bread are more nutritious than refined grains like white bread, white rice and white pasta, which have much of the fiber, vitamins, and minerals removed during processing.

- Fill one quarter of your plate with food high in protein — such as meat, poultry, fish, dry beans, eggs, nuts or tofu. Many people believe that more protein is better, but too much protein can actually be harmful to your health.
- Add a serving of dairy — such as low fat or fat free milk, yogurt or cheese, or an alternative such as soy milk. Many Americans are low in this food group which is an important source of nutrients such as calcium and vitamin D.
- If you can't get all of the food groups in at each meal, try to get as many of them on your plate as possible. All of the dining halls have options for adding more food groups to your meal. Adding veggies to your pizza or sandwich is a simple way to up your intake of those. Look for whole fruit like apples and bananas that you can add to your meal. Remember that the grab-and-go coolers around campus carry items such as salads, veggie bowls, fruit cups, milk, yogurt and soy milk. And of course, at Neubig you can find plenty of options from all of the food groups.



For more information, look for MyPlate in the dining halls — posters, digital signs and window clings on the serving lines and grab-and-go coolers give you reminders and tips on how to follow the recommendations. Also check out ChooseMyPlate.gov where you can create an eating plan tailored to your individual needs.

Andrea Hart, registered dietitian nutritionist and New York State-certified dietitian/nutritionist, is available for free, confidential, one-on-one counseling and as a speaker or facilitator for campus groups, panels or classes.

Contact Andrea: andrea.hart@cortland.edu or call 607-753-5773 with questions or to set up an appointment. Or stop by her office, first floor, Neubig Hall, across from the Neubig Dining cashier.