

Put More Nutrition Power On Your Plate

(NAPSA)—We all know which foods give us a temporary boost to get through the day—more than 65 percent of Americans say coffee, soda, candy or energy bars. But these foods don't have the power of natural nutrients that Americans need. In fact, too many people are eating more of these “empty” foods and not enough meals with nutritional power.

The United States Department of Agriculture (USDA) recently released MyPyramid to replace the Food Pyramid created in 1992. MyPyramid features a new graphic and messages designed to help people enjoy foods from all food groups that are rich in essential vitamins, minerals and other nutrients. The corresponding interactive Web site, www.mypyramid.gov, also allows for personalized recommendations, sample menus and other tips to make sure you are getting the nutrient-rich foods your body needs to stay healthy.

Healthful Hints

Martha Belury, registered dietitian and Council for Women's Nutrition Solutions member, recommends filling your plate with these “power foods” first—or foods within each food group that have more nutrients per calorie than many other options:

- Brightly colored fruits, such as blueberries, strawberries and oranges
- Vibrant green, red and orange vegetables like tomatoes, spinach and orange peppers
- Whole grain or fortified, fiber-rich bread and pasta products



MyPyramid.gov

STEPS TO A HEALTHIER YOU

The USDA's new MyPyramid

- Nonfat or low-fat milk, cheese and yogurt
- Lean proteins like lean beef, eggs and seafood

“Shop the perimeter of the grocery store to find foods with the most nutritional power to fuel healthier, more active lifestyles,” says Martha Belury, Ph.D., R.D. “Also try to paint your plate with brighter colors. Just like colorful fruits and vegetables, redder meat, like lean beef, has more nutrients per serving than many other protein sources.”

Tasteful Tips

For nutrient-rich recipes and meal ideas that help you follow the new Food Guide, visit www.beefitswhatsfordinner.com.