

MyPlate

MyPlate, from the United States Department of Agriculture (USDA), is a reminder to find your healthy eating style and build it throughout your lifetime. Everything you eat and drink matters. The right mix can help you be healthier now and in the future. This means you should:

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

This breakfast plate contains healthy ratios of foods from the 4 main food groups. You would need to pair it with yogurt or milk to get your dairy.



Breakfast

Breakfast really is the most important meal of the day. Not only does it give you energy to start a new day, but breakfast is linked to many health benefits, including weight control and improved performance.

Studies show that eating a *healthy* breakfast (as opposed to the kind containing fatty foods such as doughnuts) can help give you:

- a more nutritionally complete diet, higher in nutrients, vitamins, and minerals.
- improved concentration and performance in the classroom or the boardroom.
- more strength and endurance to engage in physical activity.
- lower cholesterol levels.

Eating breakfast is important for everyone, but is especially so for children and adolescents. According to the American Dietetic Association, children who eat breakfast perform better in the classroom and on the playground with better concentration, problem-solving skills, and hand-eye coordination. Healthy breakfasts can include yogurt with fruit, an egg and sausage sandwich, cereal with milk, and omelets.

Check for Understanding

- What is the purpose of MyPlate?

- Why is it important to eat a variety of foods daily?

- Give an example of a healthy breakfast you have eaten lately.

- Do you think breakfast is the most important meal of the day? Why or why not?

Coach's Reflection: