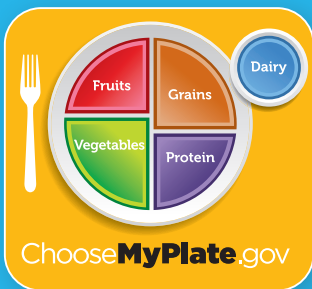


MYPLATE

YOUR TOOL FOR MEALTIME SUCCESS!

MyPlate is a tool that is used to help us make sure that we are eating from all of the five food groups that we should have each day as part of a healthy diet.



*Educational content provided by
UGA Extension in Thomas County.*

EAT BETTER. LIVE BETTER.

Wellness Wednesday

MYPLATE TIPS

Together, the food groups help to balance your nutrient needs, with each group providing different vitamins and minerals.

Fruits and vegetables make up one half of the plate, because diets that are higher in fruits and vegetables have been associated with lower risk of certain diseases.

It is shaped like a plate to serve as a model for what our own meals should look like.

To find out how much of each of these food groups you should consume a day, as well as recipes for meals and snacks, check out CHOOSEMYPLATE.GOV

This message is brought to you by Live Better and our partner Morrison Healthcare.



Live Better is an Archbold Medical Center-led collaborative of key community leaders and partners focused on improving the overall health of citizens in Thomas County.