What is Create Your Plate?

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One quick look at social media or TV infomercials and you’re bombarded with the latest ways to be healthy. There are so many ideas of what healthy eating looks like. Getting a factual answer may even seem impossible. But, there is good news; eating healthy doesn’t have to be complicated. Keep it simple by Creating Your Plate!

Create Your Plate is based on the American Diabetes Association Standards of Medical Care in Diabetes-2018 and 2015-2020 Dietary Guidelines for Americans. These guidelines offer science based recommendations for how to improve health through the foods we eat. Create Your Plate features a picture of a plate with portioned sections for each food type. Create Your Plate is simple. It focuses on how you should build your plate, one meal at a time.

Bring on the vegetables

Enjoy a colorful variety of vegetables to get the vitamins and minerals your body needs to function and prevent disease. Vegetables are extremely versatile, they can be steamed, grilled, roasted, sautéed or enjoyed raw. No matter how you eat them, fill half your plate with vegetables to increase the flavor and nutrient profiles of your meals.

Power up with protein

Fill a quarter of your plate with protein to give your body the building blocks for bones and muscles. Remember that protein isn’t limited to just meat. Mix up your options to maximize nutrient content and health benefits. Other protein sources include seafood, poultry, beans, eggs, nuts and seeds. Most people need at least six to nine ounces of protein per day. This is roughly the size of two decks of cards, or a quarter of your plate at each meal.

Energize with carbs (yes, carbs)

The last quarter of your plate should contain grains or starchy vegetables. These food groups contain carbs, which your body uses for energy. Opt for whole grains or starchy vegetables with at least three grams of fiber. Examples of these include brown rice, sweet potatoes and whole grain pasta. Fiber helps keep you full, aids in digestion, and helps lower cholesterol. Aim for a quarter plate of these carbohydrate rich foods per meal.

Fruit for dessert

Top off your meal with a serving of fruit. Fruit is naturally sweet, and provides fiber, vitamins, minerals and antioxidants. Pair fruit with Greek yogurt, cheese or nuts for a tasty, filling snack. Aim to include fruit with at least two plates per day.

Create Your Plate is a simple way to build a healthy plate. This model helps meet calorie and nutrient needs, and gives you the freedom to enjoy a variety of tasty options. Creating a healthy plate can positively impact your health, how you feel, and your performance throughout the day. This National Nutrition Month, Go Further with Food, and accept the challenge to Create Your Plate. To learn more, make an appointment with a local dietitian at the Vogel Resiliency Center (210) 539-1273 or CPT Jennifer Moreno Clinic (210) 916-9900.

References:


Tobacco Cessation Program

This live, in-person program is comprised of four classes, provided once a week for four weeks. Participants interested in receiving pharmaceutical cessation aids will meet one-on-one with a Provider. More information will be provided during the first Tobacco Cessation Class. Please call JBSA-FSH Army Health Promotion at 210.916.7646 for class schedules and to enroll.

Program Eligibility:
The Tobacco Cessation Program is open to all TRICARE beneficiaries.