



State of the Plate Webinar

Food & Culinary Professionals Dietetic Practice Group of the Academy of Nutrition and Dietetics: "The State of the Plate: Delicious Strategies for Meeting the MyPlate Guidelines"



Webinar Recording

View and listen to a recording of a webinar prepared for food and culinary dietitians that covers the results of the consumer survey, common misperceptions about frozen foods and tips for fitting everyday foods into a realistic daily meal plan while meeting the Dietary Guidelines recommendations.

Click [here](#) for the webinar.

<http://vimeo.com/user10112150review/62451238/7088a76501>

The State of the Plate:
Delicious Strategies for Helping Consumers Meet the MyPlate Guidelines

Choose MyPlate.gov

March 22, 2013 1

Today's Presenters

Elizabeth Ward, MS, RD
Betsy Hornick, MS, RD

The State of the Plate
March 22, 2013 2

Nutrient Profiles of Food Groups

Nutrient Profiles for Food Groups and Subgroups in the USDA Food Patterns

Food Group	Vegetables				Fruits				Grains				Protein Foods				Dairy		Oils, Sweets, Alcohols	
	Dark Green	Light Green	Red, Orange	White	Whole Fruit	Small Fruit	Strawberries	Blueberries	Whole Grain	Enriched	Refined	Whole	Lean Meat	Seafood	Eggs	Nuts, Seeds	Lowfat Milk	Skim Milk	Sugar	Alcohol
Amount	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup

http://www.oreg.usda.gov/Pubs/letters/USDA_Food_Patterns_NutrientProfilesofFoodGroupsandSubgroups.pdf

The State of the Plate
March 22, 2013 34

Menu Modeling with Frozen Prepared Foods: Weekly Averages

1 Week Average (Based on 2000 Calorie Day)				2 Week Average (Based on 2000 Calorie Day)				3 Week Average (Based on 2000 Calorie Day)			
Nutrient	Amount Per Day	% DV*		Nutrient	Amount Per Day	% DV*		Nutrient	Amount Per Day	% DV*	
Total calories	1,508			Total calories	1,563			Total calories	1,556		
Total fat (g)	63	94%		Total fat (g)	63	94%		Total fat (g)	63	94%	
Saturated fat (g)	18	96%		Saturated fat (g)	18	96%		Saturated fat (g)	18	96%	
Trans fat (g)	0			Trans fat (g)	0			Trans fat (g)	0		
Cholesterol (mg)	197	66%		Cholesterol (mg)	245	82%		Cholesterol (mg)	221	74%	
Sodium (mg)	2,366	96%		Sodium (mg)	2,259	94%		Sodium (mg)	2,362	96%	
Protein (g)	78			Protein (g)	78			Protein (g)	84		
Total Carbs (g)	274	93%		Total Carbs (g)	278	93%		Total Carbs (g)	276	92%	
Dietary Fiber (g)	27	107%		Dietary Fiber (g)	26	112%		Dietary Fiber (g)	27	109%	
Vitamin A (IU)	17,365	347%		Vitamin A (IU)	16,873	347%		Vitamin A (IU)	16,119	287%	
Vitamin C (mg)	125	260%		Vitamin C (mg)	161	271%		Vitamin C (mg)	164	286%	
Calcium (mg)	1,200	133%		Calcium (mg)	1,172	117%		Calcium (mg)	1,123	125%	
Iron (mg)	12	60%		Iron (mg)	15	80%		Iron (mg)	16	79%	

*Percent Daily Value (DV) are based on a 2000 Calorie Diet.

The State of the Plate
March 22, 2013 26